

Run your own stall

Fancy having a stall at the Park Life community fete? To get involved or volunteer, contact Niki Stevens at...

niki.stevens@btinternet.com



Fun and games for everyone

It's festival time in Tower Hamlets and, whether you're young or old, you can look forward to hopscotch, bouncy castles, welly throwing and a free barbecue.

SEE BELOW

News

East End Life is produced by Tower Hamlets Council, Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BG. Tel: 7364 3179 Fax: 7364 4917 Email: eastendlife.news@towerhamlets.gov.uk



eastendlife

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Summertime is festival time and in Tower Hamlets there are plenty to enjoy, from music events to community fun days. **Jessica Odubayo** previews a few of this summer's sizzling events.

Le Tour sparks le fun!

LIMEHOUSE community forum has organised a family festival to celebrate the arrival of the world famous **Tour de France** cycling race.

Le Tour de Limehouse festival will take place in Ropemakers Field on Sunday, July 6 from 12-5pm.

It will feature activities for everyone including an exhibition by Transport for London promoting health and cycling, fitness classes, music, food, and a children's area with face-painters and a bouncy castle. The day will also feature a dog show and fancy dress competition with lots of prizes to be won.

For details visit www.facebook.com/LeTourdeLimehouseFestival

THE Shuffle Festival started life as an initiative of The East London Community Land Trust, to celebrate spaces in the city and the interconnectedness of people in urban areas. It returns to Mile End this summer.

The festival originally operated in the grounds of St Clements Hospital – a former workhouse and psychiatric hospital in the heart of Mile End – but has now been extended to other parts of the area.

As part of the celebration festival organisers, in partnership with Play Association Tower Hamlets, will be decorat-



Dancers at last year's Shuffle Festival and, below, fun and games at The Big Weekend

ing Maplin Street near Mile End Tube station on Wednesday, July 2. They will be creating and painting a street rug.

Festival partners will also host a hopscotch around Mile End on Saturday, July 26 and a team of volunteers will be marking out the grid on July 25. There will be music, food, games, and art exhibitions along the route. Visit www.shufflefestival.com/urban-projects

PARK Life, a community fete including a dog show, games, stalls and entertainment, organised by Friends of Mile End Park, is taking place on Haverfield Green, Mile End on Sunday, July 13 from 12-5pm.

Stall holders, volunteers and anyone interested in getting involved should contact Niki Stevens at niki.stevens@btinternet.com or 07834 714 765.



FREE community festival, **The Isle of Dogs Big Weekend** was first held in 2012 to celebrate the Olympics.

Now, it is back for its third successive year and will take place in Millwall Park on July 19-20.

Organised by six churches on the Island as a way of bringing people of all backgrounds and ages together, the weekend

will feature a bouncy castle, welly throwing, crafts, team games and a free barbecue on the Saturday.

On the Sunday, churches will hold a joint service in a marquee in the park. Everyone is welcome to come along.

For further information on the event visit www.facebook.com/IsleOfDogsBigWeekend

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Fuel their hunger to learn

"Children need fuel to provide them with energy for a morning of learning and playing. Breakfast provides that fuel. If your child is hungry, they're more likely to be tired and irritable at school."

DR ANITA STURNHAM

SEE BELOW

News

A CELEBRITY doctor swapped her stethoscope for a spoon to serve up a hot breakfast to hungry kids at Mayflower Primary School in Poplar. Dr Anita Sturnham (pictured), from Channel 4 show Embarrassing Bodies and resident GP on the Alan Titchmarsh Show, gave 60 children at the school a lesson in nutrition during their school breakfast club, which receives funding from the Mayor's Fund for London.

"Children need fuel to provide them with energy for a morning of learning, concentrating and playing. Breakfast provides that fuel. If your child is hungry, they're more likely to be tired and irritable at school," Dr Sturnham said.

Dee Bleach, Mayflower head teacher, said the school's breakfast club provides a range of healthy food as well as a welcoming and safe space for children. "We target children who had previously been late, had difficulty learning or whose parents had complained about them not eating in the morning," she said.

Mayflower School has been running healthy cookery clubs for children and parents. And earlier this month the school – which has been working with Barts Hospital – was awarded Tower Hamlets Healthy Early Years Accreditation.



Robust plan for election

ROBUST plans are in place for policing the Blackwall and Cubitt Town ward election this Thursday, July 3, police have confirmed.

Residents are being reminded to vote in the election, after polling in the ward was postponed due to the death of a candidate days before the mayoral, European and council elections on May 22.

Police say they are working with their partners to deliver a vigorous policing plan this week.

There are ten investigations ongoing in relation to complaints of alleged electoral malpractice in Tower Hamlets. Two arrests have been made.

On May 13, a 38-year-old man was arrested on suspicion of an offence under the Representation of the People Act 1983. He was taken into custody and subsequently bailed pending further inquiries.

On June 3, a 24-year-old man was arrested on suspicion of conspiracy to defraud in relation to postal vote applications. On Friday, June 27, he was advised that police would be taking no further action against him, as there is no evidence of criminality.

Two youths arrested for homophobic attack

BY STAFF REPORTER

DETECTIVES in Tower Hamlets are investigating an assault on two men, which police have described as homophobic.

Officers were called to Whitechapel Road at about 1.30am on Friday, June 13. The victims, a 23-year-old and a 24-year-old man, were verbally abused and then punched and kicked by two youths who were part of a group of about five or six boys riding bikes.

The victims suffered minor injuries, which did not require medical attention.

Police have confirmed that they will refer the case to the Tower Hamlets Hate Incident Panel, which aims to ensure that all possible strategies are explored to identify the perpetrators and support the victims.

A council spokesperson said: "Tower Hamlets has a proud history of challenging prejudice

and promoting equality. There is no place for hate in Tower Hamlets and we take a zero-tolerance approach to homophobia.

"Across all religions, partner organisations and community groups there is unanimity in the belief that by working together we can build a strong

and cohesive community."

Mayor Lutfur Rahman added: "I wholeheartedly condemn the homophobic attacks that took place in Whitechapel. Everyone has the right to walk our streets safely, without fear of attack.

"I note reports that arrests have been made and encourage

anyone with any additional information to contact the police."

Two 16-year-old males have been arrested in connection with the incident and were taken to an east London police station. They have been given conditional bail to return on a date in early July 2014, pending further enquiries.

A healthy choice

Mayflower School runs healthy cookery clubs and food choice workshops for children and parents.

Borough backs London Living Wage

Continued from page 1

Metin Esen is the managing director of Business Café Chicchi, which provides catering services in the borough.

"Initially, our thoughts about London Living Wage was that it would give us a disadvantage when we offer competitive pricing to our buyers," he said.

"However, since implementing the London Living Wage there has been a significant change in staff morale. They know they are getting a very competitive wage and in return our staff turnover has dropped and staff productivity has increased.

"The feedback I get from our staff in regards to working for Chicchi is that they really value their job and look forward to coming to work. Our staff are already recommending us to friends and family for any future vacancies that we might have."

News in brief

GPs in cuts protest

CAMPAIGNERS against cuts in funding to GP surgeries will be on the march this Saturday, July 5 on the 66th birthday of the NHS.

Protesters will assemble at Altab Ali Park, Aldgate East at 2pm and will walk behind a double-decker bus, finishing with a rally at London Fields in Hackney. Visit www.facebook.com/TowerHamletsKomp

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More cash invested

The council is investing a further £1m capital funding this year to improve the condition of the roads and streets.

SEE BELOW



Resurfacing work begins

Work began last week on the reconstruction and resurfacing of Westferry Road, which has been funded by a £321,000 grant from Transport for London. The work will continue for five weeks.

SEE BELOW

News

News in brief

Science festival

WITH talks on fixing broken hearts, and tracing the source of killer diseases in the same way the FBI hunts serial killers, the Barts and Queen Mary Science Festival returns to Mile End on Wednesday, July 9.

The free event also includes a science market of interactive science and health activities and displays, including a LEGO universe from Queen Mary University of London (QMUL) school of physics.

The festival is open to all ages and runs from 11am-3pm in the Octagon at Queen Mary University of London's Mile End campus, Mile End Road.

Register online at <http://bartsqueenmarysciencefestival.eventbrite.co.uk>

For more information email Jane Batchelor at sciencefestival@qmul.ac.uk or call 7882 7188.

Roads to get a £1m revamp

BY SARAH MC LAUGHLIN

TOWER Hamlets roads and streets are set for the next round of extensive resurfacing, improving the appearance and safety of borough roads.

The council is investing a further £1m capital funding this year to improve the condition of the roads and streets across the borough.

The works include better footpaths, new road surface, improved pedestrian crossings and clearer road markings.

Over the coming year the council's resurfacing schemes will take place on the following roads:

Ramsey Street; Buxton Street (Deal – Vallance); Coate Street; Eric Street; Shipton Street;

Culloden Street; West Arbour Street; Chamber Street; Elwin Street; Emma Street; Globe Road (N) (Roman – Old Ford); Tredegar Road (Coborn – Fairfield); Old Nichol Street; Bonner Road; Cobb Street; Wilmot Street; Bow Common Lane; Sly Street; Roman Road Phase 2.

In addition, work began last week on the reconstruction and resurfacing of Westferry Road which has been funded by a £321,000 grant from Transport for London.

The work will continue for five weeks.

The scheme has been extended to include a further section between Spindrift Avenue and East Ferry Road thanks to additional funding of £227,000 from the Department



Westferry Road being resurfaced by contractors

for Transport. Cllr Shahed Ali, cabinet member for clean & green, said: "Improved road surfaces,

footpaths and pedestrian crossings will make a real difference to local people,

helping to keep our streets safer." For more information call 7364 5004.

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An annual sporting bonanza

The Tour de France is the world's largest annual sporting event watched by a worldwide television audience of 3.5 billion people. London hosted the Grand Départ, the race opening, in 2007.

Tour de France news

Enjoy the thrills as Tour comes to town

BY SARAH MCLAUGHLIN

THE world-famous Tour de France roars into the borough next week as part of the third stage of the race in the UK.

On Monday, July 7, the great race will see around 200 elite cyclists travel from Cambridge into London before a spectacular finish on The Mall.

It promises to be an exciting occasion as the leading names in world cycling compete for the famous Yellow Jersey on the borough's roads.

The route through Tower Hamlets will be along the A1261 Aspen Way and the A1203 Limehouse Link/The Highway past Poplar, Shadwell and Wapping and onto Tower Hill.

The whole route is un-ticketed so everyone can watch for free and witness the thrills and spills of the famous race.

People are encouraged to watch the race locally, pick a spot and stick to it.

Ahead of the race, spectators can enjoy the Tour's publicity caravan – a convoy of floats,

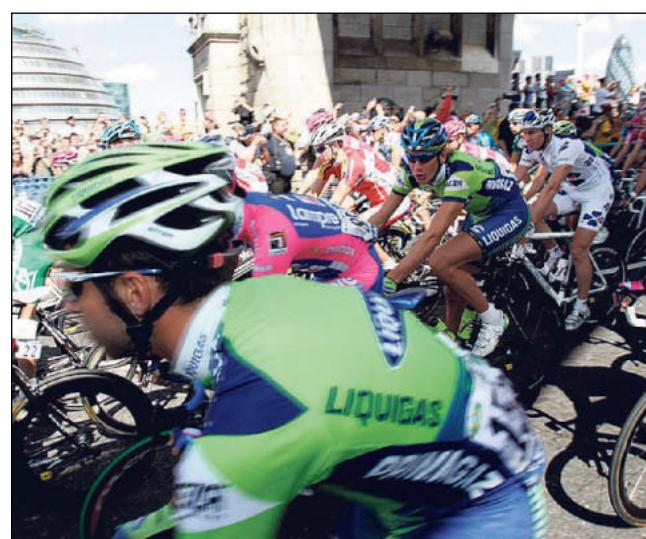
vehicles and entertainers who travel ahead of the race handing out promotional goodies.

Estimated arrival times for the caravan and the fastest cyclists, to help you plan your day, are: Queen Elizabeth Olympic Park caravan 1.20pm, cyclists 2.55pm; Royal Victoria Dock caravan 1.35pm, cyclists 3.05pm; Aspen Way caravan 1.45pm, cyclists 3.15pm; Tower Hill caravan 1.50pm, cyclists 3.25pm; The Mall (finish) caravan 1.55pm, cyclists 3.30pm.

A number of events and activities will be taking place along the route and these include the Queen Elizabeth Olympic Park and the Tour de France official FAN Parks, located at Green Park and Trafalgar Square, which will be open between Saturday July 5th and Monday, July 7. These locations are all free.

For more information visit www.tourdefrancefanpark.co.uk

There will be travel disruption, as roads along the route will be closed for the event, including Aspen Way, the Limehouse Link



The Tour when it came to London in 2007

and The Highway past Poplar, Shadwell and Wapping.

Residents and businesses are being advised to plan their journeys in the area on July 7.

Maps showing areas affected in Tower Hamlets and other boroughs are available at www.tfl.gov.uk/tourdefrance

The latest travel information, routes and advice for Tower Hamlets and neighbouring boroughs can also be found at www.tfl.gov.uk/tourdefrance

Don't forget your bins!

WHEN the Tour de France comes through Tower Hamlets, there will be suspense and excitement, but also road and travel disruption.

In order to minimise the upheaval waste and recycling services, including food and garden waste collections, may commence from 5am on Monday, July 7.

Residents who have a sack or kerbside collection service on that day are being asked to ensure all waste and recycling is left out, in its normal collection place, the night before.

For bulk bin collections, your bin may be collected from 5am.

This change in collection times is for one day only.

Mayor Lutfur Rahman said: "We are proud that the Tour de France is coming through Tower Hamlets, but recognise that there will be considerable disruption.

"By planning for earlier waste and recycling collections we aim to not add to the congestion."

Cllr Shahed Ali, cabinet member for clean and green, said: "The council and Veolia developed a successful approach to collections during the Olympic Games and have applied the same method to planning for the Tour de France.

"I'm sure residents will

understand the need for possible earlier collections on July 7 to reduce congestion on the borough's roads."

Road closures along the route come into force from 10am on the morning of the race and will be in place until around 6pm.

There will also be increased congestion on the borough's other roads as traffic uses other routes.

For full details of road closures and the Tour de France route through Tower Hamlets visit www.tfl.gov.uk/tourdefrance

To more about recycling and waste collections visit www.towerhamlets.gov.uk/recycling or call 7364 5004.

Check the route

The Tour de France route is available on the TfL website at tfl.gov.uk/tourdefrance Check routes before travel.

Hospital warns that some delays may be inevitable

HOSPITAL patients are being urged to leave extra time for their journeys when the Tour de France comes to London.

The world-famous cycle race will start in Cambridge before heading down to the capital and coming close to three Barts Health Trust sites including The Royal London Hospital in Whitechapel.

Road closures along the route will take effect from 10am until 6pm with the peloton – the lead group of cyclists – expected to reach London at about 3pm.

Many roads will be closed for the day, with bus routes also affected, many buses on diversion and some stops temporarily relocated or suspended.

Robert Rose, director of the

Royal London Hospital, said: "This is a hugely exciting event for London, but will inevitably mean delays in getting to and from our hospitals on July 7.

"All hospital appointments will be going ahead as planned, but we're asking patients and any one else visiting the affected sites, to allow plenty of time for their journey so that they get to us in good time.

"We'd urge everyone to plan ahead and do whatever is necessary to ensure they do not miss their appointment."

For further information see the TfL website, which carries full details of expected travel disruption and advice.

Go to www.tfl.gov.uk/campaign/tour-de-france-2014

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Old boys from Bow

Former old boys of Bow School include footballer Ashley Cole, mayor Lutfur Rahman and grime rapper Wiley.



Girls to join new school

Bow School was rated Good by Ofsted last year. From September, the school will be open to girls and have a new sixth form. It will offer A Levels in 15 subjects in the next academic year.

SEE BELOW

News

All secondaries now raring to go

LAST week, the new Bow School opened at Bow Lock.

Not only is it a fantastic facility, offering for the first time a new sixth form, but its completion means that the council has now refurbished or rebuilt all 18 secondary schools in the borough.

Last year, Bow students produced some fantastic results in their GCSEs and I know that, with the kind of improvements the new school offers, they will be able to reach even greater heights.

The new Bow School site will provide 725 extra places for 11- to 16-year-olds, which will help to address our growing school population.

There was more good news for Tower Hamlets last week as it was announced that we are one of the first local authorities in London to become an accredited London Living Wage employer.

Wages must reflect the cost of living in London and it is wrong that some unscrupulous employers have looked to the state to pick up the tab in the form of benefits – while they pocket the profits.

I want to attract more



LUTFUR RAHMAN | MAYOR OF TOWER HAMLETS

responsible employers to the borough, who understand that being a good employer pays dividends in terms of satisfaction, low rates of absence and brand loyalty. That is why I have pledged to support a new employment hub which will look to support 20,000 people into jobs.

This weekend sees the start of Ramadan. It is a time for peaceful reflection and it is a time for generosity of spirit. These are values that are important to all of us and are echoed in our shared vision for One Tower Hamlets.

To Muslims, people of other faiths, and of none, I wish you Ramadan Mubarak.

Mayor Lutfur Rahman



(Above) The dining pavilion
(Below) Rooftop football



Artist Michael Craig-Martin cuts the ribbon to open the new refurbished underpass

'It's a great place'..

BY IAN READ

STUDENTS at Bow School are loving their new surroundings after moving into a £30m building.

The council partnered with developer Bouygues UK to deliver the state-of-the-art new school at Bow Lock on time and on budget.

The completion of the school, in Twelvetrees Crescent, means that over the past few years, the council has refurbished or rebuilt all 18 secondary schools in

the borough at a total cost of more than £300m.

The previous Bow School was cramped and outdated and spread across two sites in Paton Close. Students had to be taken by bus to sports facilities elsewhere and the lack of space meant the school couldn't offer certain subjects, such as drama and catering.

By contrast, the new site has been purpose-built within a stunning architectural setting. The building is much larger and will allow the school to

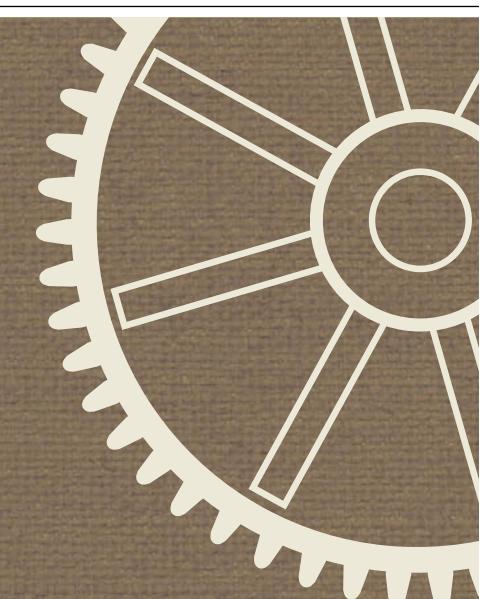
offer new courses, including a full range of A Level subjects and GCSEs in food technology, textiles, graphic design, drama, dance, theatre studies, music technology and the BTEC National in sport.

The environmentally friendly buildings also include rooftop sports spaces and separate dining pavilion and assembly hall blocks, whereas in the old building a single room served both functions. The assembly hall doubles as a 350-seater theatre with lighting and audio facilities.

ONE of the main routes to the new Bow School has been brightened up with a series of public art panels, which were unveiled last week. A Curious Line is a work of public art in and around the pedestrian subway leading to the new site. The colourful work is a result of the council and Bank of America Merrill Lynch's commitment to help regenerate communities through art. The vibrantly designed underpass was completed through a series of workshops with Bow School students, led by design studio make:good and arts educational charity, Bow Arts.

LOCK KEEPERS — BOW E3 —

RECOGNISING ITS HISTORY REBUILDING ITS FUTURE



GILLENDER ST,
BOW, LONDON E3



Better by design

As part of the project, the council made improvements to the external environs including an improved underpass, paving, lighting, CCTV and new pelican crossings on Twelvetrees Crescent.

(LEFT) ISHRAQ AHMED, TATE DIRECTOR NICHOLAS SEROTA AND MIZAN RAHMAN

Football on the roof!

"It's a very nice school. We can play football on the roof, the theatre is like a cinema – it's like having a VIP seat."

JABBIR AHMED, 14

News

'Everyone loves it'

Mayor Lutfur Rahman said: "The new Bow School is a wonderful achievement and a shining beacon of the investment we have made in our young people."

"Last year, Bow students produced some fantastic results in their GCSEs and I know that they will now be able to reach even greater heights."

The new Bow School site will provide 725 extra places for 11- to 16-year-olds, which will help to address the growing school population.

All the boys, except those sitting their GCSEs, have now moved to the new site. In September they will be joined by a new intake of year 7 pupils as well as, for the first time, girls.

Turning Bow into a mixed school increases the amount of choice for girls in the local area.

In September the school will also create a sixth form for the first time.

Cabinet member for children's services Cllr Gulam Robbani said: "I'm delighted that we have now completed the physical transformation of all our secondary schools."

"A great school environment leads to improved academic performance – the superb GCSE results our students have been getting in the past couple of



years show what an impact it can have."

And students are delighted with their new surroundings.

Jabbir Ahmed, 14, said: "It's a very nice school. We can play football on the roof, the theatre is like a cinema: it's like having a VIP seat. It's much better, the other one was cramped and the corridors were quite small. It's really safe as well."

Fane Roberts-Clarke, 14, said: "It's a great place, much better than the other one. It will be easier for us to continue our studies because we will have a sixth form."

Hassan Ahmed, 15, said: "The facilities are much better. The classrooms are huge and there's more space to learn. Everyone loves it."

Headteacher Cath Smith said: "The wonderful new building provides a fantastic and stimulating learning environment for our children."

"We are all thrilled that Bow School has had this unique opportunity to expand the provision for Tower Hamlets and we are busy developing new learning experiences that make full use of the superb facilities.

"Although we have only been

in the new school for a few weeks, we are already seeing very positive attitudes to learning from all of our students as they recognise the impressive opportunities that they now have."



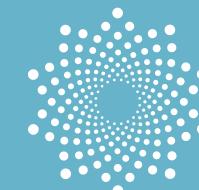
(Above) The lobby area. (Below left) View from the roof of the new building. (Below right) The school has a gym



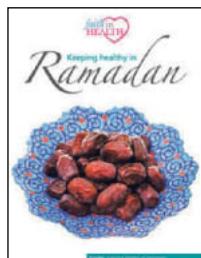
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PEABODY



Take care while fasting

During Ramadan, eat balanced meals and take enough fluids between fasts. If you have a medical condition, speak to your GP to discuss how you take care of yourself whilst fasting.

SEE BELOW

Useful information

Ramadan, the healthy option

News from Tower Hamlets Public Health

THE Islamic observance of Ramadan is a time for fasting, praying, forgiveness and purification.

Muslims have now begun fasting for 30 days during daylight hours, from dawn until dusk.

Fasting hours are very long during the summer so it is very important to eat a well-balanced and varied diet during Suhoor, the pre-dawn meal and Iftar, the first meal of the day.

Topping up with wholesome, filling and slow-release foods will ensure energy levels are replenished, particularly during the long, summer hours.

What should I eat during Ramadan?

Suhoor: Eating foods that digest slowly and complex carbohydrates will provide energy for many hours.

Grains and seeds, such as barley, wheat, oats, cereals, semolina, beans, lentils, wholemeal flour and basmati rice

Fibre-rich foods such as bran, whole wheat, potatoes with the skin, bread and non-sugary breakfast cereals

Vegetables such as green beans and fruit such as apricots, prunes or figs.

Iftar: Following Prophetic traditions, this meal could include dates. Try to eat as you normally would, with a healthy balance of:

Protein from meat, fish or lentils

Vegetables.

Remember to ensure you have an adequate amount of fluid and eat only a moderate amount of fat and sugar.

It is really important to keep all medical appointments during Ramadan.

The very elderly and women who are pregnant or breastfeeding are able to break their



Mayor Lutfur Rahman at the launch of the Keeping Healthy in Ramadan booklet

fast if their health is at risk.

Dr Somen Banerjee, director of Tower Hamlets public health, said: "During Ramadan it is important to eat a balanced meal and get enough fluids between fasts.

"If you have a medical condition, it is also important to speak to your GP to discuss how you take care of yourself whilst fasting.

"This is particularly important if you have diabetes or are on long term medication."

As Ramadan is a time to overcome unhealthy habits, it can be a good opportunity to access free, local services to stop smoking or chewing tobacco.

The Bangladeshi Stop Tobacco Project has been providing advice and support to help local residents quit before the fast.

It's never too late to quit; you can contact them for support during the month of July in Bengali or English, on 7882 8669 (women) and 7882 8660 (men).

You can also speak to your GP or pharmacist at any time.

A booklet providing health information and tips has been produced in English, Bengali and Somali by Faith in Health, a partnership between East London Mosque and Tower Hamlets Public Health. Keeping healthy in Ramadan can be picked up at your local mosque or is online at www.faithinhealth.org.uk

Chemist rota

Pharmacists in Tower Hamlets with extended opening hours.

E1

ABC Drug Stores, 12-14 Montague Street: Mon-Fri 9am-7pm, Sat 9am-5.30pm, Sun 10am-2.30pm.

Beck & Sherman, 197 Whitechapel Road: Mon-Fri 9am-7pm, Sat 9am-5.30pm, bank holidays 11am-1pm.

Sainsbury's, The Albion Brewery: Mon-Fri 8.30am-10pm, Sat 7.30am-10pm, Sun 11am-5pm.

Chapel, 139 Cannon Street:

Mon-Fri 9am-8pm, Sat 9am-6pm.

E2

Fairdale, 360 Bethnal Green Road: Mon, Tues, Weds, Fri 9am-6.30pm, Thurs 9am-1pm, Sat 9am-6pm, bank holidays 11am-2pm.

Florida, 307 Bethnal Green Road: Mon-Fri 9am-7pm, Sat 9am-6pm, bank holidays 11am-2pm.

Tesco, Hancock Road: Mon 8am-10.30pm, Tues-Fri 6.30am-10.30pm, Sat 6.30am-10pm, Sun 11am-4pm.

E3

Bell, 534 Roman Road: Mon-Sat 7am-11pm, Sun 10am-2pm.

Forward, 648 Mile End Road:

Mon-Fri 9am-7pm, Sat 9am-6pm, Sun and bank holidays 10am-6pm.

Green Light, St Andrew's Health Centre, 2 Hannaford Walk: 8am-8pm, seven days a week, including bank holidays.

Lincoln, 60 St Paul's Way: Mon, Tues, Weds 8am-8pm, Thurs, Fri, 8am-8pm, Sat 9am-5pm.

Boots, Unit 15, Jubilee Place: Mon-Fri 7am-midnight, Sat 8am-4pm.

9am-6pm, Sun 12pm-6pm. **Britannia (Perimart)**, Asda Precinct, East Ferry Road: Mon-Sat 9am-8pm, Sun 11am-4pm, bank holidays 11am-6pm.

Doctors

Please ring your doctor's surgery for an appointment, but if it's the weekend or late at night, call 7377 7151 (only for people in Tower Hamlets who are registered with a doctor).

To find a doctor, dentist or help to quit smoking call the health hotline on 7364 5016, Mon-Fri 8am-8pm and Sat 8am-4pm.

Advice

Family Information Service (FIS)

The Family Information Service provides information for people from birth to age 19 (or 25 for those with additional needs) including helping parents and carers find high quality childcare, advice on tax credits and childcare vouchers. Open Mon-Fri, 8am-6pm. Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14. fis@towerhamlets.gov.uk 7364 6495

Tower Hamlets Home Birth Support Group

Last Thurs of each month, 8pm. 31 Ridgdale Street, E3. 8981 1159

Parents Advice Centre (PAC)

Offers impartial advice around special educational needs (SEN). 30 Greatorex Street, E1. Drop-in sessions every Tues, 9.30am-3.30pm & Fri, 9.30am-1pm. 7364 6489

LinkAge Plus

Toynbee Hall is one of five network centres that co-ordinates services and activities provided. Mon-Fri from 9am-5pm, drop-in session for advice on benefits, pensions, employment and housing. Appointments necessary. Mon 9am-5pm, Bangladeshi group. Toynbee Hall, Commercial Street, E1

7392 2914
www.toynbeehall.org.uk

Welfare advice

All the organisations listed below can help you with welfare benefits, housing and general debt problems.

Account 3

1-9 Birkbeck Street, E2. 7739 7720
www.account3.org.uk

Bangladesh Youth Movement

21-23 Henriques St, E1. 7488 1831/2

Island Advice Centre

Island House, Roserton Street, Isle of Dogs, E14. 7987 9379
www.island-advice.org.uk

Legal Advice Centre

University House, 104 Roman Road, E2. 8980 4205
www.legaladvicecentre.org.uk

Photo order form

Copies of pictures published in East End Life taken by council photographers are available to readers. To request a copy, email eastendlife.news@towerhamlets.gov.uk and we can send it straight away. If you do not have access to email fill in this form and send it to Photos, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. This service does take longer.

Name

Address

Issue no.

Page no.

Toynbee Hall Advice Service

28 Commercial Street, E1. 7392 2953
advice@toynbeehall.org.uk
www.toynbeehall.org.uk

Fair Money Advice

530 Commercial Road, E1. 7702 8032
www.fairfinance.org.uk

Island Advice Centre

Island House, Roserton Street, Isle of Dogs, E14. 7987 9379
www.island-advice.org.uk

National Debt line

0808 808 4000
www.nationaldebtline.co.uk

Step Change Debt Charity

0800 138 111
www.stepchange.org





Post-War shelter in Bethnal Green

The shelter in Bethnal Green Gardens was completed after WWII, the building was designed to disguise an air vent coming up from the platform into the park.

News

Café pops up in park shelter

BY JESSICA ODUBAYO

AN art deco style building, which was abandoned for decades, has been lovingly restored by a group of residents who are passionate about food and community.

The park shelter in Bethnal Green Gardens, which disguises an air vent coming up from the Tube platform, but fell into disrepair over the years.

But last weekend the building, which has been brought back to life as a pop-up café, welcomed its first customers.

Pascale Pinxt was one of the residents who took part in a campaign to restore the historic building.

He said the aim of creating the Kiosk Café was not only to restore the building, but also to revive a community space that would complement other regeneration projects.

The community team, which worked with the council to revive the facility, serves a menu of quality coffee, homemade cake and ice cream.

Skimbles ice cream, which is



(Above) Staff members at the pop-up café. (Right) The menu and (top right) how the kiosk looks today

locally made with British-inspired flavours, is on sale, along with cakes and cordials made with fruit from community gardens and allotments.

The Kiosk Café sits in the original 'sun shelter' of the

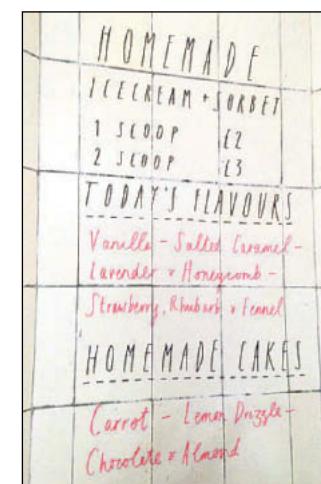
building, where you can see the original built-in circular teak benches and ceramic tiles from world famous Poole Pottery," Pascale said.

The venue has opened with a focus on fundraising for the

renovation of the building, as part of a project that hopes to develop the site into a permanent café, maintaining the original features of the building and the community spirit of the project.

The Kiosk Café will open from 10am-4pm on July 5 and 6; July 19 and 20; August 2 and 3; August 16 and 17 and September 20 and 21.

For more information visit www.thekioskcafe.com



Street grub and farm fresh food

A NEW weekly produce market has been launched in Wapping, next to the former Wapping Hydraulic Power Station.

The market, held on Sundays from 10am to 2pm at Brussels Wharf, Wapping Wall, features produce from farmers and traders, along with some of the best street food from across London.

Visitors will find a wide variety of produce including top-quality meat, seasonal fresh fruit and vegetables, a sustainable fish box scheme, breakfasts and lunches, hot drinks, and cakes and pastries.

Shop till late at series of special summer markets

RESIDENTS are invited to come along and enjoy a season of summer evening markets in the borough this July.

The summer sessions will take place in Whitechapel and at Watney market on Friday and Saturday evenings between 7pm and 11pm, running from June 27 to July 26.

Visitors and bargain-hunters can enjoy a relaxing evening of eating out, shopping, or a laid-back browse through a range of goods and foods from around the world.

Mayor Lutfur Rahman said: "Tower Hamlets' markets are al-

ways buzzing in the summer, and this year we are going to make the most of this by running evening markets in Whitechapel and Watney.

"Our summer evening markets will be generally more dedicated to eating out, shopping and leisurely strolling than the borough's day markets, and I encourage residents to come along and soak up the atmosphere."

Cllr Ohid Ahmed, cabinet member for community safety, added: "Putting on evening markets will help us to stamp out unauthorised street trading outside mosques during Ramadan."

A team of market enforcement officers will patrol the evening markets to ensure that all traders are licensed, that any food sellers comply with health and safety standards, and that noise and disturbance are kept to a minimum.

Any illegal street traders will be dealt with through advisory or official warnings, fixed penalty notices, or prosecution.

People who are interested in becoming licensed traders at the markets can contact the council's markets team on streetmarkets@towerhamlets.gov.uk or by phoning 7364 1717/1707/1708.

Real nappies advice at Nappuccino

PARENTS and carers can get to grips with real nappies at a special Nappuccino event.

On Thursday, July 10, at Idea Store Whitechapel the council will work with the Washable Nappy Company to give advice on using real nappies.

Providing parents with a great opportunity to meet mums and dads who are already using real nappies, they will be able to find out the benefits of going green.

The event takes place from 10.30am to 12.30pm. Residents can apply for a voucher worth £40 to buy real nappies, which will be available on the day.

Residents must register for the event, as spaces are limited, and bring along proof of identity, address and birth or pregnancy in order to obtain a voucher.

For more information, or to register for the event, call 7364 7103 or email recycling@towerhamlets.gov.uk

For more information about using real nappies visit www.towerhamlets.gov.uk/nappies

Residents to get home aid

VULNERABLE residents, including older people, those in receipt of welfare benefits and those living with a long term-illness, are being offered help to carry out minor repairs in the home.

Help with small tasks such as plumbing jobs, putting up shelves or moving furniture, is being provided through a free handy person service for up to two visits a year.

Funded by the council, older persons charity Age UK East London is providing the service.

For more information or to find out if you are eligible call Age UK East London's home and care team on 7183 2994

Super-talented writers

Participants in a weekly creative writing group at George Green's School on the Isle of Dogs have published a book.

SEE BELOW



'I love learning German now'

"My plan now is to become fluent in German so that in a few years I can continue my studies and get a degree there. Football was just the hook that got me interested, but I love the language now."

FRASER SCOTT WILSON, YEAR 8 PUPIL, BETHNAL GREEN ACADEMY

Schools news

Sprechen sie football?

BY JESSICA ODUBAYO

STUDENTS on a project aiming to develop linguistic knowledge alongside football skills gathered to see a documentary about their scheme.

The project, which started last November, involved students from years 7 to 10 at Bethnal Green Academy. Pupils took part in sessions designed to deliver bite-sized bursts of Brazilian, Portuguese and German, which were practised during football training each week.

The scheme was run in collaboration with the Arsenal Double Club, whose language programme co-ordinator Steve Eadon has travelled the world with Arsenal, and uses his experience and expertise to inspire young people to learn languages.

The Goethe-Institut London provided funding for students to travel to Germany and UK German Connection matched Bethnal Green Academy with a partner school in Berlin.

And the students' language learning progress was captured by sports journalists Matthias Frickel and Thomas Lemmer, who spent six months filming and interviewing students and their families to make a documentary.

The film follows the students from learning their first few German words, through to an action-packed visit to Berlin where they spent time in Rütti Schule practising German, competing with the Berlin boys to learn Brazilian Portuguese, and playing football.



Bethnal Green Academy pupils during their trip to Germany

During the project, participants were invited to watch the Arsenal under-21 team play an international match, see Hertha Berlin play at Berlin's Olympic stadium, and train at the grounds of both teams.

Some students met two of Arsenal's first team players, Per Mertesacker and Serge Gnabry, who make special appearances in the documentary.

Students returned from Berlin highly motivated to learn languages.

Fraser Scott Wilson, from year 8, said: "My plan now is to become fluent in German so that in a few years I can continue my studies and get a degree there.

"Football was the hook that got me in-

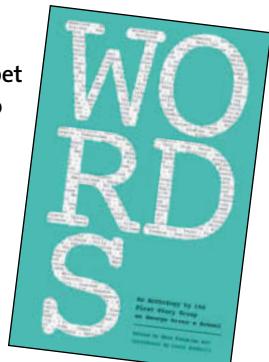
terested, but I love the language now, with or without football."

The project has also kickstarted other activities, with students now training to be sports leaders who will go into primary schools to inspire future footballer linguists.

Guled Abdi, from year 10, said: "I learnt much more than German on this trip.

"What I learnt about myself is that I can be a leader, and can have a real impact on younger students. I helped the year 7s on this trip and I now know that I definitely want to be a sports leader next year."

A special screening of the documentary, Learning Deutsch – The Arsenal Double Club, was held on Thursday, June 19.



GEORGE Green's School, literacy charity First Story, and writer and poet Laura Dockrill have come together to create an anthology of poetry and creative writing entitled Words.

Participants took part in a weekly creative writing group at the school on the Isle of Dogs.

Students showcased their work and read extracts from the book at a launch event at the school.

Lucy Preston, English teacher responsible for the project, said: "The launch was magical. The students were utterly amazing and the feedback from the audience was incredible. It was such a pleasure to hear the students read their writing aloud and there are undeniably some super-talented writers at George Green's."

A particular highlight was Selina Ikon's poetry, which one member of the audience said gave him goosebumps.

Michael Drew opened the launch with a dance inspired by reading and writing."

Words is being sold on Amazon for £9.95.

(Pictured below, from left) Student Kara Mehmet with teacher Lucy Preston and author Laura Dockrill.



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- Islamic History



Ofsted Says, 'Students achievement is good and the students are well prepared for life beyond school'.

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Web: www.darulhadis.org.uk

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29th August 2014

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London E1 2JA

Info@ayasofiaprimary.com
020 7247 4928
www.ayasofiaprimary.com

Tower Hamlets' most popular summer School has been the highlight every summer for young children since 2009. We aim to provide an exciting, fun packed and safe alternative for children during the holidays.

Dont miss out on this fantastic opportunity!!

Visit our open day on the 14th of July 2014 for enrolment of year 1 for September 2014 and applications for Ayasofia Summer School. Limited spaces available!!



Silk Court welcomes visitors

Silk Court in Bethnal Green offers specialised services for elderly people who have increasing physical and mental frailties and varying mental health needs.

WWW.ANCOR.ORG.UK

Tackling ASB

To report anti-social behaviour – such as alcohol-related nuisance, rubbish dumping, graffiti and vandalism – call... **0800 917 5918**

News

Have your say on gate plan for anti-social alleyway

THE council is asking for residents' views about whether an alleyway that is a hotspot for anti-social behaviour should be gated off.

Kings Arms Court alleyway runs between Hopetown Hostel at 60 Old Montague Street and apartment block 1&2. Kings Arms Court, and emerges between Costa Coffee at 55 Whitechapel Road and a retail unit at 57 Whitechapel Road.

The path has been plagued by prostitution and soliciting, drug dealing and misuse, and anti-social behaviour such as littering, rubbish dumping and street urination and defecation. This is despite consistent enforcement action by the council, police and other partners.

The persistent criminal activity and anti-social behaviour has

caused nuisance, alarm and distress to local residents, in particular the residents of Kings Arms Court apartments and the staff and residents of the all-female Hopetown Hostel.

Under the proposed gating order, the alleyway would be gated off and made inaccessible to the general public.

Tactics already used by the council to tackle the problems include regular patrols by Tower Hamlets Enforcement Officers (THEOs), liaising with the police and local residents' forum, and ensuring regular cleansing of the alleyway.

The consultation will run from June 27 to July 31. To take part, visit www.towerhamlets.gov.uk/kingsarmscourt

For further information email kacsurveyresponse@towerhamlets.gov.uk or call 7364 6259.



Care assistant Simeon Sayno and Maud Irvine enjoy the day

SILK Court, a care home in Bethnal Green, was among thousands that opened their doors to the public as part of national care home open day on June 20.

Residents and guests joined about 4,000 other care homes in an attempt at conducting the largest international care home Mexican wave. There were dozens of visitors from different organisations, including 90 children and four teachers from Elizabeth Selby School.

The day also featured tours of the home, sitting volleyball, penalty kicks and a Brazilian concert.

Marcia Forsythe, manager of Silk Court, thanked the community for its support and said the event was an opportunity to demonstrate how care homes can be empowering for residents.

THEOs keep the peace on streets

BY POPPY TURNER

TOWER Hamlets Enforcement Officers (THEOs) continue to provide a reassuring presence on the borough's streets, this month tackling anti-social behaviour at transport hubs and the Field Day festival.

On June 4, they carried out a high-visibility operation to reduce anti-social behaviour outside nine of the borough's transport hubs – Shoreditch High Street, Mile End, Aldgate East, Tower Hill, Shadwell DLR, Bow DLR, Bow Underground, Bethnal Green and Whitechapel.

The operation resulted in five prosecutions for failing to comply with requests to surrender alcohol, and the issuing of 32 fixed-penalty notices, mainly for littering offences. The THEOs also ensured dumped rubbish was quickly removed by Veolia.

Officers also helped rough sleepers and those with drug and alcohol problems by referring them to partner agencies for further support.

In another operation, the THEOs worked the Field Day festival, which took place in Victoria Park on June 7 and 8 and attracted 48,000 people over two days.

They responded to anti-social behaviour such as street urination and littering, illegal advertising, highway obstruction and ticket touting.

The officers issued 26 fixed penalty notices, disrupted a number of organised ticket touts and prevented a man from projecting an advertisement for a club onto the side of a block of flats.

Cllr Ohid Ahmed, cabinet member for community safety, added: "These two operations reduced anti-social behaviour at transport hubs, and minimised the impact of the Field Day festival on residents."

Awards for high-tech movers and shakers

THE achievements of people helping to shape the future of Britain's technical sector were highlighted at Canary Wharf.

The Tech City News International Hall of Fame Awards

was held as part of London Technology Week.

Occupying the 39th floor of the iconic One Canada Square building, Level39 is a space for early-stage businesses that have

the potential for high growth. Awards were given in four categories – backers and investors; early pioneers and start-ups; connectors and up-and-coming founders.

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One for the boys

If you would like to sign up for the Tower Hamlets Dads' Network, call 7364 6495 or email...

ANDY.SIMONS@TOWERHAMLETS.GOV.UK



A recipe for success

Research shows that children with highly motivated fathers and carers tend to have fewer behaviour problems, higher self-esteem and better educational expectations and outcomes.

News



The adults had as much fun as the children



Delwar Hussain with son Musa and daughter Zaynab



Jabed Miah and daughters Tayyibah and Faizah



Delwar Hussain, Spitalfields Farm worker Mhairi and children Paris, Jason, Sienna, Musa and Zaynab check out some wildflowers



Paris gives a winning smile

Dads at play is simply quality

BY IAN READ

WAIT 'till your father gets home – then bring him out to play!

That was the message at the latest council-run Dads' Play Day, where kids got a chance to spend some quality time with their fathers.

The free event, the eighth organised by the council, was held at Spitalfields City Farm on Saturday, June 14.

Activities on offer included

mask making, planting, outdoor cooking and story time, with Jack and the Beanstalk brought to life by a giant lurking in the trees above.

The event was organised by the Tower Hamlets Parental Engagement Team as part of the borough's Dads' Network, which supports and encourages dads and male carers to strengthen relationships with their children through positive parenting and play.

"These are great events which

the council is proud to host," said Mayor Lutfur Rahman.

"Strong relationships between dads and their children are vital and those who have been to these play days tell us what a difference they have made."

Cabinet member for children's services Cllr Gulam Robbani said: "These play days are free to all Tower Hamlets dads for them to enjoy some precious time with their children and I would encourage as many as possible to come along to the next one."

As well as the play days, Dads' Network members receive updates about national and local information in connection with family life and parenting and have opportunities for developing their parenting skills.

The next Dads' Play Day will be on Saturday, July 26.

For more information and to join the Dads' Network call the Family Information Service on 7364 6495



Animal masks were part of the fun



What's in a name?

Huguenots quickly Anglicised, with Andrieu becoming Andrews, Boulangier Baker, Barbier Barber, Le Croix Cross, and Dubois Wood. There are countless more.

History

Festival celebrates the enduring impact made by the French Protestant refugees

BY JOHN RENNIE

THERE'S no missing many of London's historic buildings. The Tower of London and Tower Bridge, the Palace of Westminster and St Paul's are the ones the tourists come to see, to photograph, to marvel over.

But there are little gems, equally 'historic' yet less spectacular, hidden in our midst.

The 'forgotten weavers houses of Spitalfields' feature heavily in this year's Huguenot Threads festival—the second year running that the French Protestant history of Spitalfields has been celebrated and explored.

The constantly changing nature of Spitalfields, with wave after wave of incomers, is a double-edged sword.

Each new group of arrivals becomes part of the warp and weft of the area and brings their own riches... but it is easy to forget the past. Particularly when the inevitable diaspora begins, when the settlers spread and Anglicise their language, even their names.

But as one of the organisers tells me as we take tea in her elegant Fournier Street house, possibly one in six of us has Huguenot blood running through our veins. The festival even gives you a chance to explore whether you have Huguenot roots.

The stimulus for the Huguenots to settle outside the eastern wall of the City of London was the religious conflicts convulsing Europe in the late Middle Ages.

In the early 16th century, the ideas of Calvin and Luther were spurring many to turn from the iron authority of Rome.

A Protestant, Henri de Bourbon, had succeeded to the French throne in 1589, in the midst of the Wars of Religion, and immediately converted to Catholicism. But he issued the Edict of Nantes to protect his former fellow Protestants.

It was the Revocation of the Edict a century later, by Louis XIV, that saw large numbers of French Protestants fleeing persecution, with some 50,000 landing in London. Many moved on to Ireland, many got no further than Spitalfields – it is from these arrivals that the English gained the French word 'refugee'.

The English crown, which in the past had fought its own battles with Rome (though for practical and financial as much as theological reasons) welcomed the settlers. The English were suspicious of the ambitions of Louis, and the incomers brought much-



The grand terraces of Huguenot homes in Spitalfields

Enjoy the festival

The Huguenot Threads festival runs from July 9-20. For more information on the event, go to...

HUGUENOTSOFSITALFIELDS.ORG



A Spitalfields weaver at work

Huguenot thread still running through fabric of east London

needed skills. But few refugees came in 1685, the actual year of the Revocation of the Edict of Nantes; they were wary of moving to the realm of another Catholic sovereign.

It wasn't until James II (himself viewed with suspicion by many of his anti-Catholic subjects) issued his Declaration of Indulgence in 1687 that they came in numbers.

The Huguenots were largely the educated merchant class, and brought new standards in commerce, banking, publishing, soldiering, watchmaking and jewellery... and in making silk.

The yarn and garments they produced were far superior to those made here (within a few years, disgruntled London weavers would be smashing Huguenot looms but the future was irresistible).

Yet, good as they were, the Huguenots ran up against an unbreakable caste system. City guilds operated a closed shop more effective than any city wall, and the incomers sat outside it – literally – in Spitalfields.

Despite their skills, they fled the Continent with almost nothing – an 'Order in Council' (a kind of early government bill) raised £200,000 to help the 13,050 poverty-stricken French refugees then settled in London (mainly in Shoreditch but also in Whitechapel, Bethnal Green and Mile End New Town).

And as they settled and prospered, the Huguenots increasingly left their mark on the old priory grounds and market gardens that comprised early modern Spitalfields.

Fine houses arose on Fournier Street, Wilkes Street, Princelet Street and the rest, while cheaper houses and workshops were built in the Tenterground, on White's Row, Wentworth Street and Bell Lane.

The Huguenots had their own churches – the modern day Jamme Masjid or Great London Mosque, on the corner of Brick Lane and Fournier Street, was built as a Huguenot Church, so was the Sandys Row Synagogue.

And the influence of Huguenots spread into English society, science and business. John Dollond was a weaver before becoming an expert in lenses and optics; Peter Prelleur one of the most important composers of the mid-1700s (and also the organist of Christ Church, ironically built to demonstrate the superiority of the established church to the Huguenots' own places of worship). And David Garrick would reinvent theatre – his name still renowned today.

Just two names. Many thousands more were seamlessly absorbed into the fabric of English society. Some retained their Frenchness, yet become so familiar that we don't notice – such as Bosanquet, Courtauld, or Lefevre (from which the Bow estate was named).

There was Roget of Thesaurus fame; the social thinker Harriet Martineau, ghost story writer Sheridan Le Fanu, the poet Walter de la Mare, and the actor Lord Olivier – all of Huguenot French ancestry.

And there are others buried more deeply: other Huguenots quickly Anglicised, with Andrieu becoming Andrews, Boulangier Baker, Barbier Barber, Le Croix Cross, and Dubois Wood. There are countless more.

They all needed somewhere to live of course, and not all would occupy the grand terraces around Fournier Street (which would themselves be subdivided down the centuries into workshops and apartments, with many families to each front door).



Huguenots brought new standards in commerce, banking, publishing, soldiering, jewellery, and making silk

On Thursday, July 10, Peter Guillory, author of *The Small House in Eighteenth Century London*, gives a talk on 'The Forgotten Weavers Housing of the Spitalfields Silk District'. You've almost certainly walked by these historic homes without noticing.

There are numbers 3 and 5 Club Row, built around 1765; 13 Redchurch Street in 1735; 4, 5 and 6 Padbury Court; 138 and 140 Bethnal Green Road; numerous in Brick Lane and Sclater Street.

Some are in reasonable repair; many would be mistaken for Victorian terracing or are hidden behind later facades; others again are in the process of collapse. A reminder that the past is all around us... and we neglect it at our peril. Peter will also be leading a walk, identifying the houses.

And there is much more to see, hear and do over the 12 days of Huguenot Threads.

You can explore Spital Square's Huguenot Connections at the Society for the Protection of Ancient Buildings; explore the legacy of the Huguenots in the British Army; marvel at the technical skills of the incomers at the Clockmakers' Museum and at the Goldsmiths Company... and perhaps discover if you too have Huguenot blood.

We take a last look around the tiny courtyard garden of the Fournier Street house – a brick-lined oasis of green amid the bustle of Spitalfields – and there climbing the wall is a mulberry tree, an appropriate nod to the silk weavers who fled persecution and settled here 300 years ago. They may be just shadows now, but they are still with us.

■ **Huguenot Threads runs from July 9-20. For further details go to huguenotsospitalfields.org**

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30 million pound new school opens

30 million pound new school opens by the Bow School. The school is a modern, state-of-the-art facility located in Bow, London. It features a large, open-plan interior with a spiral staircase, modern classrooms, and a dedicated sports hall. The school is designed to provide a high-quality education for all students, with a focus on creativity and innovation. The new school is a significant investment in the local community, providing a safe and welcoming environment for learning.

NEW BOW SCHOOL OPENS

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GP-yadu ku dhiirigeli-
nayaan in ay dhiig
bixiyaan, madaama uu
kaydkii gabaabsi yahay.**

Wakaalada NHS-ta ee dhiigu, siday sheegtay dhiigii kaydka ahaa waa dabayaqo.

Haddaba cidkasta oo dhiig bixisa, waxay badbaadisa oo noloshooda horumarisa ugu yaraan sedex qof.

Haddaba NHS-tu waxay u

Give blood and be a hero - issue 1015

baahan badani in ay dhiigooda quudhaan si loo helo dhiig badan islamarkaan loo helo noocyadiisa kala duwan.

Haatan, dadka waayeelka ah ee dhiiga bixiyaa waa boqolkiiba afar.

Dr Sam Everington GP islamarkaana ah guddoomiyaha kornishanka caafimaadka ee NHS ayaa yidhi: "NHS kaydkii

dhiigu wuu ka dhamaanayaa, markaa waxaa loo baahan yahay halyeyo dhiigooda shuba,

"Dad badan ayaa noloshooda mar u baahda in dhiig lagu shubo, waa laga yaaba dhiigaad shubtaa in uu adigaba ku badbaadiyo."

Dhiig shubka eeg www.blood.co.uk/giving-blood amma wac oo 123 23 23.

150 ayaa soo xadiray todbadkii daryelka



Li Wan has her blood pressure checked by nurse Jennifer Wilson

150 attend Carers Week event - see issue 1015

DARYEELAYAASHA ayaa iskugu soo baxay munaasabad uu kafaala qaaday ururka Xarunta Bulshada St. Hilda eek u yaal Bethnal Green. Munaasabada oo qayb ka ahayd todobaadka Daryeeliaasha ee Juun, waxaa lagu soo bandhigay baadhitaan caafimaad, maclumaad, maawelo iyo hadhimo. Maalintani waxay ahayd natijadii ka soo baxday wadajir dhexmaray St Hilda iyo jamciyada Alzheimer ee Tower Hamlets.

Mohammed Muhith, oo ah sarkaalka jamciyada ee horumarinta dadka laga tiro badan yahay, ayaa yidhi: "In ka badan 20 urur ayaa ka soo qaybgashay, 150 daryelana xaadir ayay ahaayeen munaasabada. Waxaanu baraarujiney, daryeeliaashaana waxaanu ku wargeliney, taakulooyinka, taageerada iyo kaalmooyinka dheeraadka ah ee Jira."

Adeegyada kaalmaynta fukrayaashii

**MADAAMA qaadkii laga
mamnuucay dalkan In-
griisk, waxaa loo baahan
yahay dadkii in laga
taageero dhibaatada.**

Haddaba, ciddii dhibaato ka haysataa joointiisa waxaa u adeegyadan hoos taxan:

■ Adeega shallinyarada (under-19s) - Unit 26 Skylines Village, Limeharbour, Marsh Wall, E14.

Help to quit khat - see issue 1015

Tel. 3069 7878.

■ Kooxda Daroogada ee Bulshada (over-18s) - 71 Johnson Street (off Cable Street), E1. Tel. 7790 1344.

■ Nafas (over-18s) - The Daventry Centre, 179-181 Whitechapel Road, E1. Tel. 7377 0676.

■ Mind in Tower Hamlets & Newham, Open House, 13 Whitethorn Street, E3. Tel. 7510 1081. (Af-somali ayaa laguugu adeegayaay).

■ Adeega Isis ee haweenka u gaarka (over-18s) - C/O Hopetown Hostel, 60 Old Montague Street, E1. Tel. 7426 0399.



Inside the state-of-the-art school building

30 million pound new school opens

New Bow School opens - see pages 6 & 7

30 million pound new school opens by the Bow School. The school is a modern, state-of-the-art facility located in Bow, London. It features a large, open-plan interior with a spiral staircase, modern classrooms, and a dedicated sports hall. The school is designed to provide a high-quality education for all students, with a focus on creativity and innovation. The new school is a significant investment in the local community, providing a safe and welcoming environment for learning.

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Tower Hamlets no place for hate - page 3

There is no place for hate in Tower Hamlets - page 3

There is no place for hate in Tower Hamlets - page 3



হোয়াইটচ্যাপলে ইংল্যান্ডের সর্বাধুনিক ডেন্টাল হাসপাতাল একতান

৭৮ মিলিয়ন পাউন্ড ব্যয়ে হোয়াইটচ্যাপলে নির্মান করা হয়েছে ইংল্যান্ডের মধ্যে সবচেয়ে আধুনিক টেকনোলজী সমৃদ্ধ ডেন্টাল হসপিটাল। কুইন মেরি ইউনিভার্সিটি অফ লন্ডন (কিউএমইউএল) এর ডেন্টাল স্কুল এবং বার্টস হেলথ এনএইচএস ট্রাস্টের ডেন্টাল হাসপাতাল একীভূত করে নির্মিত হলো রয়েল লন্ডন ডেন্টাল হসপিটাল। বিস্তারিত পড়ুন নিচে-

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কুরিয়ার ফ্রড চক্রের ব্যাপারে সতর্ক থাকার অনুরোধ করেছে টাওয়ার হ্যামলেটস্ পুলিশ

Warning after vulnerable residents hit by 'courier fraud' – issue 1015

টাওয়ার হ্যামলেটসের বাসিন্দাদের কুরিয়ার ফ্রড বা জালিয়াত চক্রের ব্যাপারে পুলিশ সতর্ক করে দিয়েছে। পুলিশের বরাত দিয়ে জানা গেছে, গত বছর এ ধরনের ৪৩টি জালিয়াতির অভিযোগ পুলিশ এহন করেছিল।

জানা গেছে, তথাকথিত কুরিয়ার ফ্রড জালিয়াত চক্র সচতুরভাবে তাদের কার্য সম্পাদন করে থাকে। এই চক্রের সদস্যরা তাদের শিকারের কাছ থেকে পিন নম্বর অবস্থাত হয়ে যায় এবং ফ্রেডিট কার্ড গুলো তাদের হাতে নেয়ার ব্যবস্থা করে ফেলে। ক্রেডিট কার্ড সংগ্রহ করে নেয়ার জন্য তারা কুরিয়ার বা ট্যাক্সি ড্রাইভারের পাঠায়ে থাকে। এসব কুরিয়ার বা ট্যাক্সি ড্রাইভারের জানেন না যে তারা জালিয়াত চক্রের ফাঁদে পা দিয়ে তাদের হয়ে কাজ করছেন।

জালিয়াত চক্র তাদের শিকারের বিশ্বাসযোগ্যতা অর্জনের জন্যে কার্ড ফেরত নেয়ার জন্যে তাদের সাথে ফোনে যোগাযোগ করার জন্যে বলে থাকে। জালিয়াতার তাদের ফোন লাইন খোলা রাখে এবং তাদের শিকার আজাতে চক্রের অন্য সদস্যের সাথে 'ব্যাংক কর্মচারি' মনে করে গুরুত্বপূর্ণ তথ্যদি বিনিময় করে থাকে।

এ বছরের প্রথম দিকে মানসেল স্ট্যাটের বাসিন্দা ২১ বছরের ব্যক্তি পুলিশ কেন্টেন্টেল নাইম হোস্পেন্স প্রেফ্যার হন। তার বিকান্দে অভিযোগ এহন করেছিল, তিনি ৮৬ বছরের একজন বৃদ্ধ ডারিস কিং

এর কাছ থেকে ১০ হাজার পাউন্ড হাতিয়ে নেয়ার চেষ্টা করলে ব্যাংক কর্মচারির হস্তক্ষেপে পুলিশ ডাকা হয় এবং হোস্পেন্সকে প্রেফ্যার করা হয়।

পুলিশের বারা কমার্ভার ছেইভ স্ট্রিংগার বলেন, এবরামের কর্মকাণ্ড বারাৰ ব্যক্ত অসহায় সোক-দের আর্থিকভাবে ক্ষতিগ্রস্ত করে থাকে। তারা এ ধরনের ঘটনার শিকার হওয়ার পর এক ধরনের অনিবার্প্ত ভুগ্ন থাকেন।

তিনি আরো বলেন, আমার অফিসুরবৰ্দ্দ বারাৰ বাসিন্দাদের সহযোগিতার জন্যে কাজ করে যাচ্ছেন। আপনি যদি এ ধরনের কোন বিপর্যস্ত লোকের সকান পেয়ে থাকেন, তাহলে তা পুলিশের পোচের আনার জন্যে অনুরোধ করছি।"

এ ধরনের জালিয়াতির হাত থেকে বাঁচার জন্যে

কতিপয় সুপারিশ করা হয়েছে। সুপারিশগুলো

হচ্ছেঃ কাউকে পিন নম্বর দেবেন না, পুলিশ বা

ব্যাংক কখনোই কারো কাছে পিন নম্বর চায় না।

কারো কাছে আপনার ব্যাংক কার্ড বা পিন নম্বর

দেবেন না। কেউ যদি আপনার কাছে পিন নম্বর

বা ব্যাংক কার্ড চায় তাহলে তা ১০১ এই নথরে

জানান অথবা ৫ মিনিট ফোন ধরে রাখুন

দেখেৰেন স্বয়হক্ষয়ভাবে লাইন কেটে যাবে।

যদি এ ধরনের অপরাধ ঘটে যায় তাহলে ১৯৯ এই

নথরে রিপোর্ট করুন। এ ছাড়াও ০৮০০ ৫৫৫

১১১ নথরে রিপোর্ট করা যাবে।

বিস্তারিত তথ্য জানার জন্যে www.met.police.uk/docs/little_book_scam.pdf

এই ঘটনার প্রথম দিকে মানসেল স্ট্যাটের বাসিন্দা

২১ বছরের ব্যক্তি পুলিশ কেন্টেন্টেল নাইম

হোস্পেন্স প্রেফ্যার হন। তার বিকান্দে অভিযোগ

এহন করেছিল, তিনি ৮৬ বছরের বৃদ্ধ ডারিস কিং

এলএলড্রিউ এম্পলয়ারের স্বীকৃতি পেলো কাউন্সিল LLW accreditation for council – page 1

টাওয়ার হ্যামলেটস্ কাউন্সিল লন্ডনের মধ্যে প্রথম স্থানীয় কর্তৃপক্ষ হিসেবে লন্ডন লিভিং ওয়েজ (এলএলড্রিউ) এম্পলয়ারের স্বীকৃতি লাভ করেছে।

এই একেভেনিমের মানে হল, এখন থেকে কাউন্সিল তার সকল স্টাফ এবং কাউন্সিলের সকল কন্ট্রুন্টরার তাদের স্টাফদের অবশ্যই লন্ডন লিভিং ওয়েজের সর্বনিম্ন বেতন ঘন্টায় ৮ পাউন্ড ৮০ পেস্ট প্রদান করবে।

এলএলড্রিউ ক্যাম্পেইনের মূল লক্ষ্য হচ্ছে লন্ডনে জীবন ধারনের ব্যয়ের বিষয়টি যাতে বেতনে যথাযথভাবে প্রতিফলিত হচ্ছে বলে নেওয়া প্রতিষ্ঠানগুলো জানিয়েছে।

বিস্তারিত তথ্য জানার জন্যে www.met.police.uk/docs/little_book_scam.pdf

এলএলড্রিউ ক্যাম্পেইনের মূল লক্ষ্য হচ্ছে

লন্ডনে জীবন ধারনের ব্যয়ের বিষয়টি যাতে বেতনে যথাযথভাবে প্রতিফলিত হচ্ছে তার জন্যে অনিষ্টিত করা।

একটি নিরপেক্ষ গবেষণায় দেখা গেছে যে,

জানিয়েছে।

এছাড়া প্রতিষ্ঠানের মধ্যে নতুন নিয়োগ ও

কার্যদের ধরে রাখার ক্ষেত্রেও লক্ষ্যনীয় ইতিবাচক

প্রভাব পরিলক্ষিত হচ্ছে বলে ৬৬ ভাগ প্রতিষ্ঠানগুলো

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প্রভাব পরিলক্ষিত হচ্ছে বলে ৬৬ ভাগ প্রতিষ্ঠানগুলো

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Kumar Sanu entertains the crowd



Meherin plays with bubbles



Ellie Angele Flory Fawcett

Thousands party

Crowds of revellers and even the odd tiger celebrate the Boishakhi Mela parade and live music and dancing at Victoria Park

THE Boishakhi Mela – the largest Bengali event in Europe – moved to its new home in Victoria Park last year and proved to be a huge success.

This year's free event, on June 22, was organised by the Boishakhi Mela Community Trust. The celebration of Bangladeshi music, arts and culture was supported by the council.

In addition to a full music programme there was also a funfair, Bangladeshi sports and a vibrant market place selling arts and crafts, jewellery, clothing and hot food.

The parade signalled the start of the mela with schoolchildren, dancers and performers taking part.

This year included a variety of talent including artists such as Kumar Sanu, a leading Indian singer.

Shirajul Islam, 65, who travelled from Luton for the mela, said: "I really enjoyed myself and met up with a lot of my friends who came from all over the country to this event showcasing a rich Bengali culture in multi-cultural Britain."

Mayor Lutfur Rahman said: "The Boishakhi Mela continues to thrive, attracting visitors from across the country and further afield. It has become a cultural highlight bringing Bengali arts and culture to a wider audience."

Cllr Shafiqul Haque, cabinet member for culture, added: "The mela was a fantastic day out and everyone I spoke to had a great time."

"The move to Victoria Park has enabled it to reach a much wider audience."

Left: Admiring the wildlife in Victoria Park
Right: Berenice and Hassan take some time out from the action





Dancers strut their stuff

Fairgrounds rides were a popular attraction

ty in the park

marked the Bengali New Year with a carnival. **Raju Miah** reports. Photos by **Kois Miah**.



Street dancers in action



Sumaya and Fahima take a train ride



Two dancers on stage

A range of services

The council provides many services for residents and businesses. Go to the A-Z on the website at

WWW.TOWERHAMLETS.GOV.UK

The Government is changing benefits

Prepare and act now

The Government is changing the benefits system. As a result, some people may lose money from their benefits. If you are affected, you may be affected.

From 1 April 2013, the Government is changing the way people work. This will mean that people will have to work more than 24 hours per week to receive their benefit. This will affect some people.

Tower Hamlets Council and its partners are here to help you prepare for the changes. This includes:

- Getting information and advice
- Helping you to find work
- Finding work and training opportunities

For more information about the changes visit the government website at www.gov.uk/government/changes or call 0800 055 7004, or receive free advice at your local Jobcentre.

Get information on welfare reform

The council's benefits service can provide information about housing benefit, council tax benefit and entitlement to free school meals. It has compiled a list of helpful agencies at...

WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM

Council information

Tower Hamlets forward planner

TOWER Hamlets Council produces a forward plan every month detailing the key decisions it will take, together with the details of

Meetings

Monday, June 30

5.30pm: Audit committee

Business includes the election of a vice-chair, terms of reference, quorum, membership and dates of meetings for the next municipal year.

The meeting will also consider the annual financial report, internal audit annual report and risk management annual report for 2013/14.

More details from Nishaat Ismail on 7364 0842 or email nishaat.ismail@towerhamlets.gov.uk

Tuesday, July 8

5pm: Tower Hamlets Health and Wellbeing Board

For further information call Zoe Folley on 7364 4877 or

the author, and consultation undertaken. It can be found in Idea Stores, libraries, One Stop Shops and council offices or at www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm

email zoe.folley@towerhamlets.gov.uk

5.30pm: Licensing sub-committee

For details call Simmi Yesmin on 7364 4120 or email simmi.yesmin@towerhamlets.gov.uk

7pm: Overview & Scrutiny Committee (moved from June 24)

For further information call Angus Taylor on 7364 4333 or email angus.taylor@towerhamlets.gov.uk

Details are accurate at time of going to press. Agendas are available online a week before meetings, which are at the Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG, except Cabinet.

Summer Evening Markets in Whitechapel and Wapping

Summer evening markets. Soak up the atmosphere in Whitechapel and Wapping. Find out more.

Latest news: Cutting East returns BBC's Eddie tours the borough. Popular pages: Council Tax, Parking, Waste & recycling, Planning. Don't forget to vote. Election day for Blackwall and Cubitt Town is July 3rd. Find out who's standing and where your polling station is. Every voice has a choice.

Tower Hamlets online

www.towerhamlets.gov.uk

For information on council services, including:

Ground floor one bedroom flat with front and back garden for exchange in E1.

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Beach fun in the sun

OVER 300 families enjoyed the sunshine at the Teviot Festival.

The theme this year was beach party, which saw the British seaside come to Poplar for the day.

Activities included donkey rides, beach arts and crafts, sand pit areas, go-carts and trampolines.

Festival-goers also enjoyed freshly baked cakes and were entertained by local dance group EDUK and other performers who got the crowd buzzing.

Event organiser Rujina Ali said: "It was great to see the



Crowds enjoy a performance by dance group EDUK

community build wonderful memories together and the atmosphere made it a festival to remember!"

The annual celebration, held on June 21, is organised by the Teviot Partnership alongside Poplar HARCA.

Planning

E1

Metropolitan Wharf, 70

Wapping Wall – listed building consent for solid stud partitioning, glazed partitioning and two kitchen units. Additional power and data to existing perimeter trunking. Relocation of existing light fittings.

Enterprise House, 21 Buckle Street – request for screening opinion as to whether an Environmental Impact Assessment is required for demolition of existing building and construction of a residential building of up to 28 storeys, with commercial floorspace at ground floor.

Site at former Goodmans Fields, junction of Leman Street and Alie Street – proposed development would involve changes to the consented scheme. An

increase in the number of dwellings from 297 to 429 (851 habitable rooms to 1,143 habitable rooms) including affordable housing. Increase of total number of dwellings from 920 to 1,052 over the whole site. Replacement of Gower's Walk mews with a six-storey side extension to the SE Block. An additional three storeys in height on tower T5.

An additional five storeys in height on tower T6. The introduction of tower T7 (ground plus 25 storeys in height) on the eastern corner. Ground floor commercial/retail floorspace (1,091sqm GEA), a PCT (1,261sqm) and training centre (349sqm).

E2

119a Bethnal Green Road – improvement and retention of ATM.

Suttons Wharf South, 44 Palmers Road – external alterations to ground and

first floor elevations.

E3

Bow Enterprise Park, Cranwell Close – application for non-material amendment of planning permission dated 28/09/2011.

E4

Land south of St Paul's Way, between Perkins House and Bredel House – request for screening opinion as to whether an Environmental Impact Assessment is required to demolish Linton House, Printon House, community centre and mosque to create a new school with a community hall, new mosque and residential dwellings.

262a Poplar High Street – re-branding of Tesco Express to include fascia signage, projecting signage, vinyl window panels and ATM graphic.

Drug treatment providers

Community Drug Team

Substitute prescribing, key working, health screening & referral to residential treatment. 71 Johnson Street, E1. 7790 1344

www.lifeline.org.uk

Nafas

Support with a focus on Bangladeshi community. The Davenant Centre, 179-181 Whitechapel Road, E1 7377 0676.

Harbour Recovery Centre

In-patient detox for 18+ males. Riverside House, 4th Floor, 20 Garford Street, E14. 7538 9421

Young People's Service

Treatment for under-19s. Unit 26, Skyline Village, Limeharbour, E14. 3069 7878 www.lifeline.org.uk

Isis

For women aged over 18 c/o Hopetown Hostel, 60 Old Montague Street, E1. 7426 0399 www.compass-uk.org

Community Alcohol Team

Unit 22, Skyline Village, Limeharbour, E14. 0800 008 7200 www.rapt.org.uk

Somali Substance Misuse

Help, advice & referral for people with khat, alcohol or drug issues. Contact Idris Elmi. Mind in Tower Hamlets & Newham, Open House 13 Whitethorn Street, E3. 7510 1081

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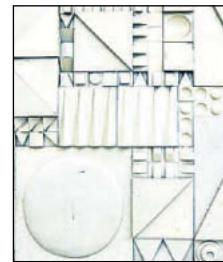
*Conditions Apply



Register now for free news

Tower Hamlets residents can register for the free news and consultation service giving updates on subjects they choose as often as they want them. For more information visit...

MY.TOWERHAMLETS.GOV.UK



Did you get it?

Last week's oddities photograph was taken in Backchurch Lane, E1.

Council information

Town Hall

Town Hall, Mulberry Place,
5 Clove Crescent, E14 2BG.
7364 5000

Hotline numbers

Housing benefits – 7364 5001
Council tax – 7364 5002
Parking services – 7364 5003
Streetline – 7364 5004
Adult social care – 7364 5005
Children's services – 7364 5006
Pest and noise nuisance –
7364 5007
Environmental health,
trading standards & licensing
– 7364 5008
Planning & development
– 7364 5009
Business rates – 7364 5010
Recruitment line – 7364 5011
Electoral services – 7364 0872
Tower Hamlets Homes – 7364
5015
Healthline – 7364 5016

General enquiries

For other council enquiries call
7364 5020.

Useful housing numbers

Housing repairs – 0800 376 1637
Tenancy support – 7364 5544
Housing advice (E14) – 7364 7507
Housing advice (E1, E2 or E3)
– 7364 3558
Homeless service – 7364 7474
Choice-based lettings
– 7364 0244
Homeseekers – 0845 270 2400

Switchboard

If you know the name of the person or department you need to contact, call the switchboard on 7364 5000.



Do you know where to find this unusual feature of the borough? Our popular oddities picture poser gives readers the chance to keep their eyes peeled to see if they can spot where our photographers took the pictures. If you have photos of your own you would like to see published in East End Life, email them to eastendlife.news@towerhamlets.gov.uk or send them to Photo Poser, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. They need to be high resolution, at least 1MB and 300 dpi.

Report it!

To report an incident, use these
24-hour freephone numbers:

Non-emergency crimes – 101
Textphone – 18001 101

If a crime is in progress,
there is an emergency or if
anyone is in immediate
danger dial 999.

The council's domestic
violence team can provide
information, signposting and
referrals to local services.
Bengali speakers available

0800 279 5434 (office hours)

**24-hour domestic violence
national helpline**

0808 2000 247

**Haven Whitechapel (sexual
assault referral centre)**

7247 4787

**Karma Nirvana (Honour
Network Helpline)**

0800 5999 247

**Broken Rainbow
(LGBT domestic violence)**

0845 260 4460

**Black Women's Health
& Family Support**

8980 3503

**Rights of Women
(legal advice)**

7251 6577

Victim Support Line

0845 30 30 900

**Victim Support Tower
Hamlets**

8555 8254

**NSPCC Child Protection
Helpline**

0800 800 5000

Childline

0800 1111

Shelterline

0808 800 4444

Respect (for perpetrators)

0845 122 8609

**Reunite (advice about
child abduction)**

0116 2556 234

Men's Advice Helpline

0808 8010 327

Samaritans

08457 909090

**Tower Hamlets Mediation
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and impartial advice with
neighbour conflict**

Free service for council tenants
and leaseholders. 7702 8305

Trading standards

Consumer Direct: 08454 040506

Walk-in services

One Stop Shops

Bethnal Green – 1 Rushmead,
off Bethnal Green Road, E2

Bow & North Poplar – John
Onslow House, 1 Ewart Place, E3

South Poplar – 15 Market
Square, Chriss Street, E14

Stepney & Wapping –
Idea Store Watney Market,
260 Commercial Road, E1.

**Open Mon-Fri, 9am, doors
close at 4.30pm. Sat, 9am,
doors close 12.30pm at
Rushmead and Idea Store
Watney Market only.**

Idea Stores

Bow – Gladstone Place, E3.

Canary Wharf – Churchill
Place, Canary Wharf, E14.

Chriss Street – Vesey Path, E14.

Whitechapel – 321 Whitechapel
Road, E1. 7364 4332

Watney Market –

Commercial E1. 7364 4332

All open: Mon to Thurs,
9am-9pm; Fri, 9am-6pm;
Sat, 9am-5pm. Sundays –
Bow and Chriss Street
open, 10am-4pm;
Whitechapel, 11am-5pm; and
Canary Wharf, 12-6pm.

Libraries

Bethnal Green – Cambridge
Heath Road, E2. 8980 3902

Cubitt Town – Stratfordale
Street, E14. 7987 3152

All open: Mon, Tues, Weds
& Fri, 10am-6pm; Thurs,
10am-8pm; Sat, 9am-5pm.

**Local History Library and
Archives** – 277 Bancroft Road,
E1. Open Tues, 10am-5pm;
Weds, 9am-5pm; Thurs,
9am-8pm; Sat (1st & 3rd of
the month), 9am-5pm.

7364 1290; email localhistory@towerhamlets.gov.uk

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DAY OF WEEK	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	
RAMADAN	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
JUNE/JULY	27	28	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
FAST BEGINS	2.47	2.48	2.49	2.50	2.51	2.52	2.53	2.54	2.55	2.56	2.57	2.58	3.00	3.01	3.02	3.04	3.05	3.07	3.08	3.10	3.11	3.13	3.14	3.16	3.17	
FAJR JAMAH	3.45	3.08	3.09	3.10	3.11	3.12	3.13	3.14	3.15	3.16	3.17	3.18	3.20	3.21	3.22	3.24	3.25	3.27	3.28	3.30	3.31	3.33	3.34	3.36	3.37	
ZHUR JAMAH	1.15	1.30	1.30	1.30	1.30	1.30	1.30	1.15	1.30	1.30	1.30	1.30	1.30	1.30	1.30	1.30	1.30	1.30	1.30	1.30	1.30	1.30	1.30	1.30	1.30	
ASR JAMAH	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.45	
IFTAR/MAGRIB	9.25	9.25	9.24	9.24	9.24	9.23	9.23	9.22	9.22	9.21	9.20	9.20	9.19	9.18	9.17	9.16	9.16	9.15	9.14	9.12	9.11	9.10	9.09	9.08	9.07	9.05
ISHA/TARAWI	11.10	11.10	11.10	11.10	11.10	11.10	11.10	11.10	11.10	11.00	11.00	11.00	11.00	11.00	11.00	11.00	11.00	11.00	10.45	10.45	10.45	10.45	10.45	10.45	10.45	10.30

Beginning and ending of Ramadan is subject to sighting of the Moon. Supplication for opening fast: ذَهَبَ الظَّمَامُ وَابْتَلَى الْمَرْوُقُ، وَنَبَتَ الْأَجْرُ إِنْ شَاءَ اللَّهُ The thirst is gone, the veins are moistened and the reward is certain, if Allah wills Data courtesy of East London Mosque 020 7650 3000

WE WISH YOU ALL A REWARDING RAMADAN AND A HAPPY EID - UL - FITR





Food for thought down the farm

"I want to get enthusiastic home cooks in the kitchen, making our macaroons, sour doughs and churning our farm butter. It's a great opportunity to learn skills and support the community"

STEPNEY CITY FARM CHEF JOE FENNERTY

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Property

London's housing crisis is grim, says charity chief

BY JESSICA ODUBAYO

THE chief executive of a national homelessness charity based in Tower Hamlets has described the housing crisis in London as 'grim'.

Leslie Morphy, chief executive of Crisis, which has its head office in Spitalfields, was responding to government figures showing that homelessness in

the capital has risen for the fourth year running.

Annual figures from the Department for Communities and Local Government show that in London in the last year, 15,187 households were accepted as homeless and a priority for housing, an increase of three per cent on the previous year.

"The figures provide a grim picture of London's housing crisis," Mr

Morphy said. "Homelessness in the capital has risen for the fourth year running, with the ending of a private tenancy the leading cause."

"Yet today's figures are only part of the story: rough sleeping in London has been rising at an alarming rate, with an increase of 75 per cent over the last three years."

"Behind these numbers are thousands of people struggling to

keep a roof over their heads. Cuts to housing benefit and a lack of affordable housing continue to take a heavy toll on people's lives, particularly in London where demand for housing is greatest."

Crisis helps people rebuild their lives through housing, health, education and employment services.

For further information visit www.crisis.org.uk

Fresh face, fresh food at community farm

STEPNEY City Farm has welcomed a new chef and menu to the busy Stepney Way café.

The café will operate longer opening hours and a volunteering programme for budding foodies.

Chef Joe Fennerty, who has worked for community food projects in Edinburgh and Leeds, said: "This is my first experience of a true field-to-plate environment. It's a pleasure to be able to cook with such fresh ingredients."

The farm's new menu includes seasonal produce and farm-grown ingredients, from broad beans to edible flowers, raspberries to rhubarb.

Meals will be prepared from scratch, including home-cured bacon, home-made cakes and ice cream and fresh-

ly churned butter. The farm also has a shop selling fresh eggs and home-made preserves.

Joe is also offering a volunteering programme which will see residents trained, learning skills such as meat curing and bread-making; and working in the café.

"I want to get enthusiastic home cooks in the kitchen. This is a great opportunity to learn new skills and support this local community resource," the chef said.

For more information email joe@stepnecityfarm.org

The café is open Wednesday-Friday from 9.30am-2.30pm and Saturday-Sunday 10am-4pm. Last orders are 2pm weekdays and 3pm weekends.



Fresh produce is a feature of the Stepney Way cafe

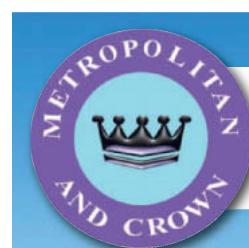
Summer safety at home

POLICE have issued summer crime prevention advice to residents and are encouraging householders to be vigilant during the warm weather.

Officers are offering tips and practical measures, advising householders they should:

- Keep front and back doors, including patio doors, closed and locked when you are elsewhere in the house or the garden, especially during hot weather when there is a greater temptation to leave doors open.
- Ensure that all windows and external doors are closed and locked, especially at night or when you are out of the house. Even a small window could provide a burglar with an opportunity to reach through and open a larger window to gain access.
- Remember to close downstairs windows when leaving a room, to deter opportunist thieves.
- Fit good locks to doors and make sure they are used.
- Have window locks fitted to old windows as burglars are less likely to break in if they have to smash a window.
- Join your local Neighbourhood Watch Scheme. It is a good way to meet fellow residents and to share crime prevention tips. Local members are encouraged to pass on details of suspicious activity in your area to local police.

For further information about crime prevention this summer, visit www.towerhamletswatch.org.uk



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Housing Demand

Demand by bedroom need and Banding as at 20/06/2014

Bedroom(s) needed	Band 1A	Band 1B	Band 2	Band 3	Total
1 bed	662	271	1,789	6,281	9,003
2 bed	518	98	2,024	1,819	4,459
3 bed	210	120	3,795	934	5,059
4 bed	103	73	1,293	111	1,580
5 bed +	18	2	163	12	195
Total Current Demand	1,511	564	9,064	9,157	20,296
Total Lets	01/04/2013 to 31/03/2014	429	396	902	171
					<small>*includes 9 lets to Band 4 applicants rehoused before Allocations Scheme changes went live on 17th October 2013.</small>

Homes Let from 01/04/2013 to 31/03/2014

Bedroom size	Band 1A	Band 1B	Band 2	Band 3	Band 4	Total
(Bedsit) 0	3	20	53	12	0	88
1	154	246	142	103	7	652
2	125	51	477	44	2	699
3	93	58	198	12	0	361
4	50	17	13	0	0	80
5	4	4	19	0	0	27
6	0	0	0	0	0	0
7	0	0	0	0	0	0
Total	429	396	902	171	9	1,907

Landlord and property type of homes let

Landlord	Bungalow	Flat	House	Maisonette	Total
COUNCIL	6	324	14	89	433
RSL (Registered Social Landlord)	4	1,169	60	241	1,474
Total	10	1,493	74	330	1,907

Floor level of homes let

Basement	Ground	1st	2nd to 4th	5th to 10th	11+	Total
5	518	364	755	196	69	1,907

Applicants Currently Waiting (years)

The table below shows the length of time applicants are currently waiting on the Housing list. However, it is NOT an indicator of how long applicants can wait for rehousing.

Bedroom(s) required	1 bed	2 bed	3 bed	4 bed	5 bed +	Total
Up to 1 Year	1,744	944	621	115	13	3,437
2 Years	1,452	926	679	114	19	3,190
3 Years	1,189	545	622	137	18	2,511
4 Years	1,046	475	562	161	19	2,263
5 Years	766	309	500	157	18	1,750
6 Years	644	232	433	106	15	1,430
7 Years	451	199	372	114	16	1,152
8 Years	435	197	314	132	15	1,093
9 Years	352	110	235	120	16	833
10 Years	280	117	182	86	16	681
11 Years	158	65	138	92	8	461
12 Years +	493	340	400	240	22	1,495
Total	9,010	4,459	5,058	1,574	195	20,296

TOWER HAMLETS HOUSING LIST

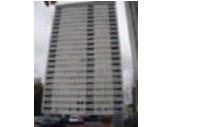
INFORMATION ON HOUSING DEMAND AND LETS

The way we decide housing priority changed on the 20th April 2013.

Please see the Allocations Scheme document for details.

www.thhs.org.uk

 <p>SHELTERED Accessible Category F MANCHESTER ROAD, E14</p> <p>Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted</p> <p>Eligibility : Min Client Age 60</p> <p>£108.76, Weekly - Social Rent Landlord: Southern Housing Group</p> <p>Property Ref: 30162</p>	 <p>SHELTERED Accessible Category B SHAFTESBURY LODGE, UPPER NORTH STREET, E14</p> <p>Flat • 1 Bed 2 Person • 1st floor • Open plan kitchen • One lift • Entryphone • Shower Room with W/C • GCH • No garden • Off street parking • Pets not permitted . No Bath - shower only</p> <p>Eligibility : Min Client Age 60</p> <p>£163.90, Weekly - Social Rent Landlord: Shaftesbury H.A.</p> <p>Property Ref: 30137</p>	 <p>OVER 50's Accessible Category F RECTORY SQUARE, E1</p> <p>Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Pets permitted</p> <p>Eligibility : Min Client Age 50</p> <p>£131.61, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 30140</p>	 <p>OVER 50's Accessible Category E BENTWORTH COURT, GRANBY STREET, E2</p> <p>Flat • 2 Bed 3 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • Private garden • Pets permitted . Heating & hot water included in charges</p> <p>Eligibility : Min Client Age 50</p> <p>£139.93, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 30135</p>	 <p>OVER 50's Accessible Category E BENTWORTH COURT, GRANBY STREET, E2</p> <p>Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • Two lifts • Entryphone • Wet room (walk in shower) • GCH • No garden • Pets permitted Heating & hot water included in charges . No bath - shower only</p> <p>Eligibility : Min Client Age 50</p> <p>£122.81, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 30169</p>
 <p>BEDSIT SELF-CONTAINED FLAT Accessible Category F BARTON HOUSE, BOW ROAD, E3</p> <p>Flat • 0 Bed 1 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets with landlords permission . One week's advance rent required at sign up of tenancy</p> <p>£96.91, Weekly - Social Rent Landlord: Poplar HARCA</p> <p>Property Ref: 30161</p>	 <p>1 BEDROOM Accessible Category F BULLOCK HOUSE, COLLINGWOOD STREET, E1</p> <p>Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Pets permitted</p> <p>PREFERENCE TO HOUSING MOVES APPLICANTS</p> <p>£108.27, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 30164</p>	 <p>1 BEDROOM Accessible Category D FROSTIC WALK, E1</p> <p>Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted . Heating & hot water included in charges</p> <p>£131.36, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 30139</p>	 <p>1 BEDROOM Accessible Category F ABBOTT ROAD, E14</p> <p>Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Private garden • Pets with landlords permission . One week's advance rent required at sign up of tenancy</p> <p>£116.49, Weekly - Social Rent Landlord: Poplar HARCA</p> <p>Property Ref: 30131</p>	 <p>1 BEDROOM Accessible Category F RICHARDSON HOUSE, BURGESS STREET, E14</p> <p>Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets with landlords permission . One week's advance rent required at sign up of tenancy</p> <p>£121.27, Weekly - Social Rent Landlord: Poplar HARCA</p> <p>Property Ref: 30130</p>
 <p>1 BEDROOM Accessible Category F THREE COLT STREET, E14</p> <p>Flat • 1 Bed 2 Person • 3rd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted</p> <p>£107.95, Weekly - Social Rent Landlord: Gateway Housing Association</p> <p>Property Ref: 30160</p>	 <p>1 BEDROOM Accessible Category F PENANG STREET, E1W</p> <p>Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • Check heating on viewing • Private garden • Pets permitted</p> <p>£117.37, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 30133</p>	 <p>1 BEDROOM Accessible Category F INGLEFIELD SQUARE, PRUSOM STREET, E1W</p> <p>Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted</p> <p>£118.43, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 30129</p>	 <p>1 BEDROOM Accessible Category F CORFIELD STREET, E2</p> <p>Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted</p> <p>£111.62, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 30141</p>	 <p>1 BEDROOM Accessible Category G HORATIO HOUSE, HORATIO STREET, E2</p> <p>Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. One week's advance rent required at sign up of tenancy</p> <p>£114.19, Weekly - Social Rent Landlord: Peabody</p> <p>Property Ref: 30166</p>
 <p>1 BEDROOM Accessible Category F ROXFORD HOUSE, DEVAS STREET, E3</p> <p>Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Permit parking • Pets with landlords permission One week's advance rent required at sign up of tenancy</p> <p>£136.12, Weekly - Social Rent Landlord: Poplar HARCA</p> <p>Property Ref: 30170</p>	 <p>1 BEDROOM Accessible Category F HACKWORTH POINT, RAINHILL WAY, E3</p> <p>Flat • 1 Bed 2 Person • 19th floor • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted . 24 hour concierge service . Electric cooking</p> <p>£136.35, Weekly - Social Rent Landlord: Swan Housing Association</p> <p>Property Ref: 30154</p>	 <p>2 BEDROOMS Accessible Category F MORAY HOUSE, HARFORD STREET, E1</p> <p>Flat • 2 Bed 4 Person • 3rd floor • Separate kitchen • One lift • Separate Bathroom and W/C • GCH • No garden • Pets permitted</p> <p>£122.32, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 30132</p>	 <p>2 BEDROOMS Accessible Category E GENOA HOUSE, ERNEST STREET, E1</p> <p>Flat • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted</p> <p>£118.42, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 30138</p>	 <p>2 BEDROOMS Accessible Category F REDMILL HOUSE, HEADLAM STREET, E1</p> <p>Flat • 2 Bed 4 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted</p> <p>£139.66, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 30128</p>
 <p>2 BEDROOMS Accessible Category G SALISBURY HOUSE, HOBDAY STREET, E14</p> <p>Flat • 2 Bed 4 Person • 5th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets with landlords permission . One week's advance rent required at sign up of tenancy</p> <p>£141.27, Weekly - Social Rent Landlord: Poplar HARCA</p> <p>Property Ref: 30163</p>	 <p>2 BEDROOMS Accessible Category D UPPER NORTH STREET, E14</p> <p>Flat • 2 Bed 4 Person • 3rd floor • Open plan kitchen • Two lifts • Bathroom with W/C • GCH • No garden • Permit parking • Pets with landlords permission . One week's advance rent required at sign up of tenancy</p> <p>£129.58, Weekly - Social Rent Landlord: Southwark & London Diocesan HA</p> <p>Property Ref: 30125</p>	 <p>2 BEDROOMS Accessible Category C DAVID COURT, HILLARY MEWS, E14</p> <p>Flat • 2 Bed 4 Person • Ground Floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Private garden • Permit parking • Pets with landlords permission . One week's advance rent required at sign up of tenancy</p> <p>£138.34, Weekly - Social Rent Landlord: Poplar HARCA</p> <p>Property Ref: 30171</p>	 <p>2 BEDROOMS Accessible Category F KEDGE HOUSE, TILLER ROAD, E14</p> <p>Flat • 2 Bed 4 Person • 6th floor • Separate kitchen • Two lifts • Separate Bathroom and W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years except for those who currently hold a Secure or Assured social housing tenancy</p> <p>£177.58, Weekly - Social Rent Landlord: One Housing Group</p> <p>Property Ref: 30151</p>	 <p>2 BEDROOMS Accessible Category D BLACKWALL WAY, E14</p> <p>Flat • 2 Bed 4 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years except for those who currently hold a Secure or Assured social housing tenancy</p> <p>£171.03, Weekly - Social Rent Landlord: Swan Housing Association</p> <p>Property Ref: 30167</p>

 <p>2 BEDROOMS Accessible Category F ELLEN WILKINSON HOUSE, USK STREET, E2 Flat • 2 Bed 4 Person • 3rd floor • Separate kitchen • Three lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted £128.13, Weekly - Social Rent Landlord: Tower Hamlets Council Property Ref: 30156</p>	 <p>2 BEDROOMS Accessible Category F ADA HOUSE, ADA PLACE, E2 Flat • 2 Bed 4 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Residents parking scheme • Pets not permitted £137.61, Weekly - Social Rent Landlord: Tower Hamlets Community Housing Property Ref: 30142</p>	 <p>2 BEDROOMS Accessible Category F SHEFFIELD SQUARE, E3 Maisonette • 2 Bed 4 Person • 4th floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted • Stairlift £120.98, Weekly - Social Rent Landlord: Tower Hamlets Council Property Ref: 30134</p>	 <p>2 BEDROOMS Accessible Category F NEWMILL HOUSE, DEVAS STREET, E3 Flat • 2 Bed 4 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets with landlords permission • One week's advance rent required at sign up of tenancy £135.33, Weekly - Social Rent Landlord: Poplar HARCA Property Ref: 30155</p>	 <p>2 BEDROOMS Accessible Category F BERKELEY HOUSE, WELLINGTON WAY, E3 Flat • 2 Bed 4 Person • 19th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • Electric storage heater • No garden • Pets with landlords permission • Children must be 10 years and over £142.21, Weekly - Social Rent Landlord: EastendHomes Property Ref: 30168</p>
 <p>2 BEDROOMS Accessible Category F GRAFTON HOUSE, WELLINGTON WAY, E3 Flat • 2 Bed 4 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • Electric storage heater • No garden • Pets with landlords permission • Children must be 10 years and over £142.21, Weekly - Social Rent Landlord: EastendHomes Property Ref: 30126</p>	 <p>3 BEDROOMS Accessible Category F WILLIS HOUSE, HALE STREET, E14 Flat • 3 Bed 6 Person • 2nd floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Pets permitted £127.07, Weekly - Social Rent Landlord: Tower Hamlets Council Property Ref: 30136</p>	 <p>3 BEDROOMS Accessible Category F FIRTH HOUSE, TURIN STREET, E2 Flat • 3 Bed 6 Person • 3rd floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted PREFERENCE TO HOUSING MOVES APPLICANTS £138.91, Weekly - Social Rent Landlord: Tower Hamlets Council Property Ref: 30165</p>	 <p>3 BEDROOMS Accessible Category G GOSSETT STREET, E2 House • 3 Bed 6 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. One week's advance rent required at sign up of tenancy £153.90, Weekly - Social Rent Landlord: Peabody Property Ref: 30173</p>	 <p>3 BEDROOMS Accessible Category C HADDINGTON LODGE, KNAPP ROAD, E3 Flat • 3 Bed 5 Person • 1st floor • New build • Separate kitchen • One lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets with landlords permission • One week's advance rent required at sign up of tenancy • Underfloor heating £0.00, Rent to be advised Landlord: Poplar HARCA Property Ref: 30143</p>
 <p>3 BEDROOMS Accessible Category C HADDINGTON LODGE, KNAPP ROAD, E3 Flat • 3 Bed 5 Person • 2nd floor • New build • Separate kitchen • One lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets with landlords permission • One week's advance rent required at sign up of tenancy • Underfloor heating £0.00, Rent to be advised Landlord: Poplar HARCA Property Ref: 30145</p>	 <p>3 BEDROOMS Accessible Category C HADDINGTON LODGE, KNAPP ROAD, E3 Flat • 3 Bed 5 Person • 5th floor • New build • Separate kitchen • One lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets with landlords permission • One week's advance rent required at sign up of tenancy • Underfloor heating Advert represents 2 properties £0.00, Rent to be advised Landlord: Poplar HARCA Property Ref: 30149</p>	 <p>4 BEDROOMS Accessible Category C HADDINGTON LODGE, KNAPP ROAD, E3 Flat • 4 Bed 8 Person • 1st floor • New build • Separate kitchen • One lift • Entryphone • Bathroom with W/C and Additional W/C, Separate Shower Room • GCH • Balcony • Car free home • Pets with landlords permission • One week's advance rent required at sign up of tenancy • Underfloor heating £0.00, Rent to be advised Landlord: Poplar HARCA Property Ref: 30144</p>	 <p>4 BEDROOMS Accessible Category C HADDINGTON LODGE, KNAPP ROAD, E3 Flat • 4 Bed 8 Person • 2nd floor • New build • Separate kitchen • One lift • Entryphone • Bathroom with W/C and Additional W/C, Separate Shower Room • GCH • Balcony • Car free home • Pets with landlords permission • One week's advance rent required at sign up of tenancy • Underfloor heating £0.00, Rent to be advised Landlord: Poplar HARCA Property Ref: 30146</p>	 <p>4 BEDROOMS Accessible Category C HADDINGTON LODGE, KNAPP ROAD, E3 Flat • 4 Bed 8 Person • 3rd floor • New build • Separate kitchen • One lift • Entryphone • Bathroom with W/C and Additional W/C, Separate Shower Room • GCH • Patio • Pets with landlords permission • One week's advance rent required at sign up of tenancy • Underfloor heating £0.00, Rent to be advised Landlord: Poplar HARCA Property Ref: 30147</p>
 <p>4 BEDROOMS Accessible Category C HADDINGTON LODGE, KNAPP ROAD, E3 Flat • 4 Bed 8 Person • 4th floor • New build • Separate kitchen • One lift • Entryphone • Bathroom with W/C and Additional W/C, Separate Shower Room • GCH • Balcony • Car free home • Pets with landlords permission £0.00, Rent to be advised Landlord: Poplar HARCA Property Ref: 30148</p>	<h1>REMINDER</h1> <p>Please respect people's privacy by not attempting to access advertised properties or knocking at neighbouring homes. This causes a nuisance and may distress some individuals.</p>			



1

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2

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– Simply call
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AFFORDABLE RENT PROPERTIES



AFFORDABLE RENT
Accessible Category F
PARFETT STREET, E1

Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted • Life Time.

£184.50, Weekly - Affordable Rent
Landlord: Gateway Housing Association
Property Ref: 30153



AFFORDABLE RENT
Accessible Category F
OCEAN STREET, E1

Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted • Life Time.

£182.35, Weekly - Affordable Rent
Landlord: Gateway Housing Association
Property Ref: 30152



AFFORDABLE RENT
Accessible Category F
SHAW CRESCENT, E14

Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted • Life Time.

£162.75, Weekly - Affordable Rent
Landlord: Gateway Housing Association
Property Ref: 30157



AFFORDABLE RENT
Accessible Category G
BAILDON, CYPRUS STREET, E2

Flat • 1 Bed 2 Person • Ground Floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£202.73, Weekly - Affordable Rent
Landlord: Southern Housing Group
Property Ref: 30172

Changes to Government policy mean that Housing Associations have been forced to charge higher rents on some properties. In addition not all tenancies will be tenancies for life.



AFFORDABLE RENT
Accessible Category B
FAIRFIELD ROAD, E3

Flat • 3 Bed 4 Person • Ground Floor • New build • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C, Wet room (walk in shower) • GCH • Private garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 . Standard kitchen . Small bedrooms

£228.62, Weekly - Affordable Rent
Landlord: Metropolitan Homes HA
Property Ref: 30127



AFFORDABLE RENT
Accessible Category F
ST LEONARDS STREET, E3

House • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Pets not permitted • Life Time.

£181.50, Weekly - Affordable Rent
Landlord: Gateway Housing Association
Property Ref: 30158



AFFORDABLE RENT
Accessible Category F
ANTILL ROAD, E3

Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Pets not permitted • Life Time.

£172.00, Weekly - Affordable Rent
Landlord: Gateway Housing Association
Property Ref: 30159

Please note the rent level and length of tenancy offered on the following homes. You are advised to check the Homesearchers website at www.thhs.org.uk for further information.

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CENTRAL FOUNDATION GIRLS' SCHOOL (Voluntary Aided)

EDUCATING TOMORROW'S WOMEN

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STUDENT RECEPTIONIST

Hours of work: Monday to Friday 8.00am – 4.00pm
35 hours per week Term Time Only + 10 days
Salary: Scale 3, Point 14 £19,221 pro rata = £17,350

The Governors and Headteacher of Central Foundation Girls' School are seeking to appoint a suitably qualified, keen and enthusiastic person, who is able to be proactive in providing support to young people across the school. Central Foundation Girls' School is a highly successful 11-19 girls' school which serves the mixed community of East London.

As the Student Receptionist you will be the first point of contact for all students and therefore will be required to provide a professional, welcoming, positive, and highly efficient service that will promote the vision and ethos of the school.

The successful candidate will need to have excellent communication and interpersonal skills and be highly competent and proficient in the use of ICT. An ability to work independently and with initiative is essential.

CFGS is committed to safeguarding and promoting the welfare of children and young people and expects all staff to share this commitment. All successful applicants will be requested to undertake an Enhanced Disclosure and Barring Service.

Completed application forms must be received at the School by 9.00am on Monday 7th July.

For an application pack please download the documents from the school website. All application forms to be returned to Ms Neepa Chowdhury, Human Resources Manager nchowdhury@central.towerhamlets.sch.uk

Ms E. Holland Headteacher
on behalf of the Chair of Governors
HARLEY GROVE, BOW, LONDON E3 2AT
Age Range: 11-18 years Roll: 1420



Career Opportunities

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MFL Advisory Teacher

Communities, Localities and Culture Directorate
Ref: CLC00606 | Part time 21 hours per week, fixed term contract until 30 April 2015
Closing date: 13.07.14

£37,185 - £40,594 (pro rata) per annum

For more information and to apply for these and other career opportunities, please visit the Tower Hamlets website.

www.towerhamlets.gov.uk/careers

We shall ensure fairness and equal opportunities throughout our workforce and in service delivery. We welcome applications from suitably skilled candidates regardless of ethnicity, gender, disability, sexuality, religion or age.

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WE REQUIRE THE FOLLOWING:

Human Resources Manager

Salary Level: Circa £40,000

**Full time – 35 hours per week,
All Year Round appointment**

To lead and manage the effective operations of the Human Resources Management at the School.

Candidates should have substantial experience in Human Resources, preferably within a school. They must be educated to degree level with at least two years Human Resources experience.

If you are interested in the above position please complete the school application form which can be found on the school website, along with the Job Description.

Completed forms should be emailed to Haydn Evans, the School's Headteacher haydnevans111@yahoo.co.uk

Closing date: Friday 18th July 2014

Interviews: week commencing Monday 21st July 2014



MORPETH SECONDARY SCHOOL

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NJC Scale 3 £19,221-£20,328 pro-rata
(actual gross salary £16,459-£17,407)**

Two organised, enthusiastic and proactive individuals are required to provide support to the Science Department. You will be required to help in preparing and delivering teacher orders for practical science lessons, under the guidance and support of the Lead Science Technician. Experience would be an advantage but is not essential as appropriate training will be given. Applicants should have achieved A*-C at English and Maths at GCSE.

Closing date: 3pm on Mon 7th July, with interviews held later that week. Successful candidates will be required to abide by the school's Safeguarding Children policy and undergo an enhanced DBS check.

CVs are not accepted - for further details and application form please see the school website www.morpethschool.org.uk or if necessary email einglis@morpeth.towerhamlets.sch.uk or ring 020 8981 0921.

Mulberry

School for Girls

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Richard Street, Commercial Road, London E1 2JP
T: 0207 790 6327 F: 020 7265 9882
headspa@mulberry.towerhamlets.sch.uk

The governors of this very successful and oversubscribed 11 – 18 girls' comprehensive school wish to appoint two well qualified, highly motivated and effective Science Technicians who will work under the direction of the Faculty Head.

Science Technician
All year round (35 hours per week) Salary:
NJC Scale 5, point 22 - £23,148 per annum
The postholder will be responsible for providing technical support throughout the science department in the differing specialities of the subject. Other responsibilities will include the maintenance schedules of all equipment and regular restocking of classrooms. The postholder will also deputise in the absence of the Senior Science Technician.

Applicants should have knowledge of COSHH, relevant science or technician qualifications and previous experience of working in a science department or commercial laboratory. A Physics specialism would be desirable.

Applications forms and further details are available from the Head Teacher's Executive Assistant, CV's are not accepted. Successful candidates will be subject to an enhanced DBS check.

Completed application forms should be returned to the School by: Wednesday 9th July 2014, noon.
CV's are not accepted.
www.mulberry.towerhamlets.sch.uk



Science Technician
Term time only plus one week (35 hours per week)
Salary: NJC Scale 3, point 14 - £16,884 per annum

The postholder will be responsible for providing technical support throughout the science department in the differing specialities of the subject. Other responsibilities will include the maintenance schedules of all equipment and regular restocking of classrooms. Applicants should have knowledge of COSHH, relevant science or technician qualifications and previous experience of working in a science department or commercial laboratory. A Physics specialism would be desirable. The school is committed to the support and professional development of all staff.



London Borough of Tower Hamlets MORPETH SCHOOL/ CAMBRIDGE HEATH SIXTH FORM



TWO RECEPTIONIST/ADMINISTRATORS

Cambridge Heath Sixth Form is a popular and successful consortium of three outstanding schools in Tower Hamlets – Morpeth, Swanlea and Oaklands. The Wessex Wing is the sixth form base for the Morpeth Campus, in Hadleigh Street, E2.

We are looking for **TWO RECEPTIONIST/ADMINISTRATORS** to work at the Wessex Wing.

Hours: 8am to 1.30pm and 12.30pm to 6pm, **Term-time only plus a minimum of 2 weeks at the end of August**

Salary: NJC Scale 4 £20,664-£22,647 pro rata (actual gross salary £14,616-£16,019)

You will be required to provide a full reception service and to act as nominated first aiders (training will be provided). We are looking for two people who can work with maturity and an understanding of the boundaries needed when dealing with young people. You must have excellent communication and admin skills to carry out a variety of tasks (including updating the website and data entry) and be able to work proactively and independently.

Successful candidates must abide by our Safeguarding Children policy and undergo an enhanced DBS check.

Closing date: 3pm on Monday 7th July. Start date to be agreed – mid August/September.

For full details and application form, see the Morpeth School website www.morpethschool.org.uk, or email einglis@morpeth.towerhamlets.sch.uk or phone 020 8981 0921

SWANLEA SCHOOL BUSINESS & ENTERPRISE COLLEGE



PERFORMING ARTS AND PE TECHNICIAN FROM £20,664 • PERMANENT 35 HOURS PER WEEK (ALL YEAR ROUND)

We are seeking a dynamic individual with experience and knowledge of technical theatre including specialist sound and lighting equipment, stage skills and current health & safety legislation.

Ideally, you will have a proven record of working in technical theatre, be a team worker, possess excellent interpersonal skills, motivation and an ability to make an enthusiastic and positive contribution to our varied programme of events, demonstrating a high standard of presentation and delivery of service for incoming companies and visitors.

BEHAVIOUR SUPPORT WORKERS

FROM £19,221 FTE • ONE YEAR FIXED TERM IN THE FIRST INSTANCE
17½ HOURS PER WEEK OR 35 HOURS PER WEEK • TERM TIME ONLY

We require positive, motivated individuals with GCSE passes (A*-C) in both Maths and English, to monitor and control pupils' and visitors' access to and around the building.

Firm but fair in your dealings with people, you will need to be willing to be trained to administer basic First Aid. Fluency in English is essential, and it would be an advantage if you already have some experience of working with young people.

To apply, please go to: www.leshirewire.com/SwanleaSchool/E15DJ or email Rosie Gavens at: rgavens@swanlea.towerhamlets.sch.uk

Closing date: 9.00am on 11th July 2014.

Interview date: w/c 14th July 2014.

We are committed to safeguarding and promoting the welfare of children and young people.

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**Chris on
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**Fatima on
7364 4623**

**Sharan on
7364 4061**

**To reserve
your space,
please call us
to book by
midday on the
Tuesday prior
to the Monday
publication.**

eastendlife

XX Place Health Centre

Part of the Bromley By Bow Health Partnership
www.bbbhp.co.uk



We currently have a great opportunity for a flexible individual to work as a Patient Assistant. This will be an important and supportive role within a busy General Practice. If you have good customer service and communication skills; can work on your own initiative or as part of a fantastic team we want to hear from you.

Please send an email to jbahar-hussain@nhs.net for an application form. No CVs please.

Deadline is Friday 4th July 2014.

Salary: £8.40 per hour Hours: 40hours / Monday to Friday

LONDON BOROUGH OF TOWER HAMLETS

PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990, SECTIONS 10, 67 AND 73

APPLICATIONS FOR LISTED BUILDING CONSENT AND APPLICATIONS FOR DEVELOPMENT WHICH WOULD IN THE OPINION OF THE LOCAL PLANNING AUTHORITY AFFECT THE CHARACTER OR APPEARANCE OF AN AREA DESIGNATED AS A CONSERVATION AREA OR WOULD AFFECT THE SETTING OF A LISTED BUILDING.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

28 Turner Street, London, E1 2AS PA/14/1535/SHT

Application for variation of condition 2 (compliance with plans) of planning permission ref. PA/13/01329 for 'Alterations to existing second floor flat with roof extension to provide additional bedroom and to improve living space.'

269A Whitechapel Road, London, E1 1BY PA/14/1515/JTH

Rear extension to existing first floor flat and a first and second storey rear extension to provide a new additional studio flat

Christ Church, Commercial Street, London, E1 6LY PA/14/1471/BEE

Application to vary condition no. 2 of planning permission dated 04/10/2013, ref: PA/13/01882.

Amendments -

- 1) Moving the existing ventilation grill at south-west entrance of the crypt
- 2) Adjusting the location of the new ventilation grill at the east of the church

46-48 Brick Lane, London, E1 6RF PA/14/1358/SHT

- 1) Change of use of first and second floor from A3 restaurant to C1 Hotel with 19 bedrooms and access from the ground floor
- 2) Erection of a third floor extension
- 3) Relocation of rear flue

Site At 96 And Land Between 96 And 98 Narrow Street, Narrow Street, London PA/14/1432/ADW

Application for variation of Condition 2 (approved drawings) of planning permission dated 12/03/14, ref PA/13/03145, for a proposed minor material amendment to the approved scheme comprising the use of full-height projecting bay windows in lieu of sash windows and French doors to the south elevation.

Flat D, 2-6 Columbia Road, London, E2 7NN PA/14/1456/SHT

Installation of secondary glazing to Grade II listed building.

46 Hereford Street, London, E2 6EX PA/14/1538/MCH

Reinstate front door and construct a new dwelling to end of terrace at 46 Hereford Street, London

161A Bow Road, London, E3 2SG PA/14/1480/CSK

Installation of ATM machine and new shop front.

St Pauls Primary School, Wellclose Square, London, E1 8HY PA/14/1181/KHA

Removal of dilapidated crittall window to school hall and replacement to match existing.

Flat 28, Sunbury House, Swanfield Street, London, E2 7LE PA/14/1291/MCH

Retrospective Listed Building Consent for internal refurbishment works completed on dwellings

598 Roman Road and land at rear of 596 Roman Road, London, E3 2RW PA/14/1567/SAE

a) Change of use of part of rear ground floor retail unit, plus removal of the ground floor bay window on the flank wall to create a one bedroom duplex flat at ground and first floor level including formation of an extension to create a new entrance doorway to upper floor flats.

b) Conversion of the first and second floors including the erection of rear extensions to create two flats (1 x 1 bed flat at first floor level and 1 x 2 bed flat at second floor level)

c) Formation of new residential access point from Hewison Street and provision of associated cycle parking and refuse disposal arrangement within rear yard to No.'s 596-598 Roman Road. The proposal involves the replacement of roof slates on the front elevation of 598 Roman Road.

Queen Mary And Westfield College, 327 Mile End Road, London, E1 4NS PA/14/1219/JTH

Proposed temporary 4th Floor extension of new offices

11 Lamb Street, London, E1 6EA

PA/14/1179&1180/ADW

The formation of a new arched opening and door within the rear wall of the shop, opening onto Spitalfields indoor market area (with associated application for Listed Building Consent, reference PA/14/01180).

5-6 Vine Court, London

PA/14/674/MC

Conversion of existing House in Multiple Occupation (HMO) into 4 residential units (2 x two-bedroom flats and 2 Studio flats). Includes rear extension at first and second floors.

19 Tredegar Square, London, E3 5AD

PA/14/1533 & 1534/SHA

Rear lower ground floor and ground floor landing extension.

The following are householder applications and in the event of an appeal against a refusal of planning permission, which is to be dealt with on the basis of representations in writing, any representations made about these applications will be sent to the secretary of state, and there will be no further opportunity to comment at appeal stage.

176 East Ferry Road, London, E14 3AY

PA/14/1524/CSK

Erection of a 3 metre deep single storey rear extension

38 Manchester Grove, London, E14 3BG

PA/14/1461/CSK

Proposed part two-storey and single storey (replacing existing) extension.

6A Newell Street, London, E14 7HR

PA/14/1439/IOL

Proposed two storey side / rear extension

25 White Horse Lane, London, E1 3NE

PA/14/1256&1257/LAB

Replacement of 4 wooden sash windows to the rear of the building with identical wooden units using Low E (ext) and K glass (int) double glazing. The windows are: first floor bathroom, ground floor Kitchen, ground floor hall and ground floor WC.

Copies of the applications and plans may be inspected between the hours of 9am-5pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 21 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated: 30th June 2014

OWEN WHALLEY

Head of Planning and Building Control



Why you should read Public and Legal notices.

These notices inform the public of planning act notices from roads to buildings as well as licensing act notices, insolvency acts, notices to creditors, missing beneficiaries etc.

Public notices

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC - AUSTIN STREET E2

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets, made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Austin Street between its junction with Boundary Street and its junction with Virginia Road will be temporarily suspended.

Street and its junction with Virginia Road.

The restriction on vehicular traffic will enable essential works to be carried out on the public highway by Fulcrum Infrastructure Services Limited.

The alternative route for vehicular traffic will be via Boundary Street and Virginia Road.

Throughout the duration of the works, and at times when the "no entry" and "one way" traffic signs are covered, the existing one-way working in Austin Street between its junction with Boundary Street and its junction with Virginia Road will be temporarily suspended.

The restriction on vehicular traffic between its junction with Boundary

2014 to Monday 14th July 2014 excluding weekends and at times when temporary traffic signs are placed on the public highway pursuant to The Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Charlie Harrison, Network Coordinator, Transport and Highways on 020 7364 6671 or email, charlie.harrison@towerhamlets.gov.uk

Dated: 30th June 2014

JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

Public notices

PUBLIC NOTICE THE LONDON BOROUGH OF TOWER HAMLETS ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1) TEMPORARY PROHIBITION OF TRAFFIC - BRUNE STREET E1 NOTICE IS HEREBY GIVEN , that the Council of the London Borough of Tower Hamlets made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Brune Street between its junction with Tenter Ground and its junction with Toynbee Street. The restriction on vehicular traffic will enable a crane operation to be carried out on the public highway by London Crane Hire and Engineering Services. The alternative route for vehicular traffic will be via Tenter Ground, Whites Row, Bell Lane, Wentworth Street and Toynbee Street or Toynbee Street, Went-	worth Street, Bell Lane and Brune Street. The restriction on vehicular traffic will operate on the following weekends: a) Saturday 5th July from 2014 08:00 hours until 18:00 hours; b) Saturday 12th July 2014 from 08:00 hours until 18:00 hours. These are when temporary traffic signs are placed on the public highway pursuant to The Traffic Signs Regulations and General Directions 2002. Please refer any queries regarding the above traffic restriction to Charlie Harrison, Network Coordinator, Transport and Highways on 020 7364 6717 or email, mick.jameson@towerhamlets.gov.uk	PUBLIC NOTICE THE LONDON BOROUGH OF TOWER HAMLETS ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1) TEMPORARY PROHIBITION OF TRAFFIC - CAHIR STREET E14 NOTICE IS HEREBY GIVEN , that the Council of the London Borough of Tower Hamlets made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Cahir Street between its junction with Westferry Road and its junction with Marsh Street. The restriction on vehicular traffic will enable the essential resurfacing repair works to be carried out on the public highway by LBTH. The alternative routes for vehicular traffic will be via Westferry Road, Harbinger Road and Marsh Street and vice versa.	The restriction on vehicular traffic will operate from Monday 7th July 2014 to Monday 14th July 2014 excluding weekends, and at times when temporary traffic signs are placed on the public highway pursuant to The Traffic Signs Regulations and General Directions 2002. Please refer any queries regarding the above traffic restriction to Emdad Ahmed, Highways Asset Management Officer, Improvement Works Group, Transport and Highways on 020 7364 6707 or email, emdad.ahmed@towerhamlets.gov.uk	tion to Emdad Ahmed, Highways Asset Management Officer, Improvement Works Group, Transport and Highways on 020 7364 6707 or email, emdad.ahmed@towerhamlets.gov.uk	Highways on 020 7364 1806 or email: james.nolan@towerhamlets.gov.uk
Dated: 30th June 2014			Dated: 30th June 2014	JAMIE BLAKE SERVICE HEAD PUBLIC REALM MULBERRY PLACE 5 CLOVE CRESCENT LONDON E14 2BG	Dated: 30th June 2014
				PUBLIC NOTICE	PUBLIC NOTICE
				THE LONDON BOROUGH OF TOWER HAMLETS	THE LONDON BOROUGH OF TOWER HAMLETS
				ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)	ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)
				TEMPORARY PROHIBITION OF TRAFFIC - PARADISE ROW E2	TEMPORARY PROHIBITION OF TRAFFIC - PARADISE ROW E2
				NOTICE IS HEREBY GIVEN , that the Council of the London Borough of Tower Hamlets made an Order, which will prohibit vehicular traffic from stopping or proceeding in the length of carriageway in Paradise Row between its junction with Bethnal Green Road and its junction with Nant Street.	NOTICE IS HEREBY GIVEN , that the Council of the London Borough of Tower Hamlets made an Order, which will prohibit vehicular traffic from stopping or proceeding in the length of carriageway in Paradise Row between its junction with Bethnal Green Road and its junction with Nant Street.
				The restriction on vehicular traffic will enable essential electrical works to be carried out on the public highway by JSM Construction on behalf of UK Power Networks.	The restriction on vehicular traffic will enable essential electrical works to be carried out on the public highway by JSM Construction on behalf of UK Power Networks.
				The alternative route will be via Nant Street, Cambridge Heath Road, Bethnal Green Road and Paradise Row and vice versa.	The alternative route will be via Nant Street, Cambridge Heath Road, Bethnal Green Road and Paradise Row and vice versa.
				The restriction on vehicular traffic will operate from Monday 7th July 2014 to Saturday 23rd August 2014 and at times when temporary traffic signs are placed on the public highway pursuant to The Traffic Signs Regulations and General Directions 2002.	The restriction on vehicular traffic will operate from Monday 7th July 2014 to Saturday 23rd August 2014 and at times when temporary traffic signs are placed on the public highway pursuant to The Traffic Signs Regulations and General Directions 2002.
				Please refer any queries regarding the above traffic restriction to Charlie Harrison, Network Coordinator, Transport and Highways on 020 7364 6671 or email, charlie.harrison@towerhamlets.gov.uk	Please refer any queries regarding the above traffic restriction to Charlie Harrison, Network Coordinator, Transport and Highways on 020 7364 6671 or email, charlie.harrison@towerhamlets.gov.uk
				Dated: 30th June 2014	Dated: 30th June 2014
				JAMIE BLAKE SERVICE HEAD PUBLIC REALM MULBERRY PLACE 5 CLOVE CRESCENT LONDON E14 2BG	JAMIE BLAKE SERVICE HEAD PUBLIC REALM MULBERRY PLACE 5 CLOVE CRESCENT LONDON E14 2BG

LONDON BOROUGH OF TOWER HAMLETS

TOWN & COUNTRY PLANNING ACT 1990

MAJOR APPLICATIONS UNDER ARTICLE 13(4) OF THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2010 AND OTHER SIGNIFICANT APPLICATIONS.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

Providence Tower, New Providence Wharf,
Blackwall Way, London

PA/13/1953/KFL

Application under s.73 of the Town and Country Planning Act for minor material amendments to planning permission ref: PA/06/02101 dated 24 April 2008 and as varied by planning permissions with references PA/11/00427 and PA/11/00431 dated 20 April 2011 (and as amended by a non-material amendment with reference PA/13/1654 dated 06/06/14).

Amendments sought:

- Amendments to Tower Building from ground level through to level 11 & level 21 to include conversion of 6 x 3 bed duplex units to 12 x 1 bed single level units, conversion of plant space to 1 x 1 bed unit and associated facade changes
- Amendments to Tower Building at level 41 and level 42 to include conversion of 2 x 3 bed duplex units to 4 x 2 bed duplex units, along with the conversion of 1 x 4 bed duplex unit to 2 x 2 bed duplex units and associated facade changes

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

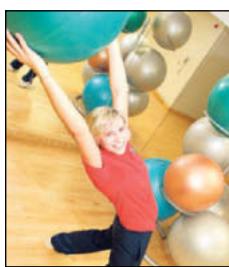
Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 21 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated 30th June 2014

OWEN WHALLEY
HEAD OF PLANNING & BUILDING CONTROL



**Take Notice of
Public Notices**
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in your neighbourhood.**



Get fit and have fun

To find out more about the wide range of healthy and enjoyable events and activities available at the borough's leisure centres go to your local centre or visit...

WWW.GLL.ORG

Tell the East End

Do you have a sports club you would like to be included in our listings? If so email the details to...

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK

Sport

Dragon boat race will help keep youth afloat

BY PETER FAULKNER

CITY slickers working within paddling distance of Docklands Sailing & Watersports Centre hold the key to one of the most important events in its calendar this weekend.

The annual Youth Afloat Dragon Boat Challenge in Millwall Dock sees bankers, dealers, brokers and analysts in a corporate challenge that can be the difference between success or financial ruin.

The centre needs to raise £35,000 from this event to finance its annual five-week Youth Afloat project, which runs in the summer holidays and caters for up to 350 children from Tower Hamlets and the surrounding area.

STEPNEY Green School's second judo festival of the year was won by Mile End's Guardian Angels School with St Matthias of Bethnal Green second and Malmesbury, Bow, third.

Thirty nine competed and the event started with a judo demonstration. Students were organised into six groups of six, and after three hours of great performances, medals were presented to the top three.

The schools who competed were St Matthias, Malmesbury, Hague, Cyril Jackson, Harbinger, Halley, Guardian Angels, Clara Grant, Lansbury Lawrence, Marner, Old Ford, Chisenhale and Our Lady's.

The Dragon Boat challenge is the key fund-raising event for this and the centre will not have any major distractions like it had during the London 2012 Olympic Games, something that was expected to give sport a boost in Docklands.

In London 2012 companies, which were usually queueing up to take part, shunned the events, with many citing fears about the predicted Games-related chaos on public transport as their reason. The resulting £110,000 drop in income for that year hit the centre hard.

But it is on the road to recovery and Youth Afloat continues to succeed in encouraging youngsters to try sailing.

It is now full steam – or sail – ahead and this weekend up to 30 teams will

battle it out in an event that has become one of the most appealing on the river.

Teams will be made up often paddlers and one drummer and when racing ends there will be a prize-giving, barbecue and party.

Companies pay an entry fee of £350 and this includes an hour evening training session prior to the event.

Teams are also expected to raise a minimum sponsorship of £250 towards the centre's target of £35,000.

There will be medals for the first three teams, a trophy for the overall winners and one for the team who raises the most money.

If you want to enter a team contact Amanda Swain at amanda@dswc.org or call her on 7537 2626.



Repton four on European duty

Boxing

FOUR of Repton's schoolboy champions are taking on the continent's best in the European championships in Hungary.

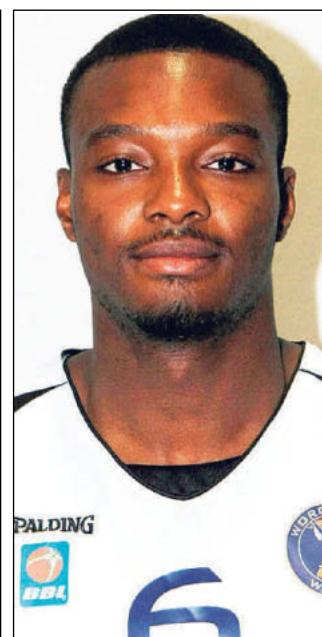
The event runs until this Sunday, July 6 and Repton's title chasing quartet are Henry Turner, Jamal Khan, John Johnson and Jake Henty.

Meanwhile, clubmate Charlie Edwards has been selected to

box for England at the Commonwealth Games in Glasgow.

Edwards, a European championship bronze medallist, will compete at flyweight (52kg) and has a great chance of getting amongst the medals.

■ Repton had one winner and one loser in the Three Nations tournament in Wales on June 21. Levi Coates boxed twice and won his final on points while Taylor Ayling also reached the final, but dropped the decision.



Basketball

ZAIRE Taylor, this year's Most Valuable Player in the British Basketball League, has signed for the London Lions.

The American joins Vince Macaulay's side after playing a leading part in winning the BBL Trophy for Worcester Wolves. He was scintillating in capturing the play-off crown last month in the showpiece final at Wembley. Guard Taylor, left, is sure to become a firm favourite with fans at the Copper Box Arena after averaging 19 points a game last season.



East London Hockey Club

Hockey

East on the move

EAST London Hockey Club

joined community representatives for the official opening of the Lee Valley Hockey and Tennis Centre, at the Queen Elizabeth Olympic Park, which is their new home.

After marvelling at the facilities, the players faced Waltham Forest in the first ever hockey game on the pitch.

East London conceded first, but Paul Cohen equalised soon after.

Waltham Forest continued to press forward, finding themselves 4-1 up soon after half-time.

East London refused to give up though, and a great finish on the angle from Charly Fox gave them hope.

A Matt Phillips tap-in with two minutes to play narrowed the gap to a single goal, but East London couldn't find an equaliser.

Tennis

Seve courts success

WIMBLEDON is underway and if that puts you in the mood for some tennis, why not join the Docklands Tennis League.

It is a mixed-sex singles league for adults aged 18 and over and players are graded so you play people of your level.

Matches are arranged at a mutually convenient time over eight weeks and you can use any court that suits you both.

The latest round of matches runs from now till August 13, but to find out more about the league and future joining dates, email docklandstennisleague@gmail.com

Results from the last round of the league:

■ Group 1 – winner Severiano

Carmona notched four victories to win the group beating Anil Babu 6-2, 6-4; Guido Baleani 6-3, 6-1; Tom Campion 6-4, 6-3 and Julius Tukot 6-4, 6-2.

■ Group 2 – winner Robert Fejer chalked up five wins beating Ivan Spasov 6-4, 6-3, Sarah Llaneorne 6-1, 6-0, Sean Wu 6-4, 6-3, Ben Anstis 7-5, 6-4 and Ali Kyrke-Smith 5-7, 6-2, 6-3. But close behind him was Arsenio Dominguez with four victories over Kyrke-Smith 6-1, 6-1, Anstis 6-0, 6-1, Lanwarne 6-0, 6-0, and Fejer 6-0, 6-2.

■ Group 3 – winner Rikhil Agarwal beat Anton Short 6-2, 6-0, Timothy Collins 6-1, 6-2, Sujeev Haldar 2-6, 6-3, 6-2, and Andrew Holden 6-3, 6-2.

■ Group 4 – winner Hitesh Tuteja's five wins gave him the group trophy ahead of Ragnar Lorentzen with four victories. Tuteja beat Daniel Sutherland 6-0, 6-1, Vicky Leavitt 6-1, 6-4, Maimoona Mapara 6-1, 6-0, Chiara Bedin 6-3, 6-4 and Ragnar Lorentzen 6-2, 6-3.

Lorentzen defeated Mapara 6-1, 6-0, Sutherland 6-0, 6-0, and Leavitt 6-1, 6-4.

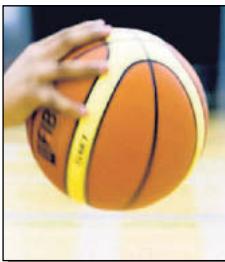
Tennis

Big screen action

AS the second week of the Wimbledon tennis championships heats up, Canary Wharf Group is hosting a dockside summer screen at Wood Wharf, from June 30 to July 6.

A week of free screenings will include all live Wimbledon action, alongside fascinating archive London footage, news, current affairs and entertainment.

Visitors can enjoy after work drinks at the new upcycled CNTNR Bar, and try their hand at table tennis.



More inside

For stories on hockey, judo boxing, basketball and more...

SEE PAGE 31



Soldiering on made matters worse

"What made my injury worse was I not only damaged a cruciate ligament during the final in Moscow but, because I forced myself to keep going, I also did my cartilage."

PERRI-SHAKES DRAYTON



eastend sport

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Perri's pledge: I'll be back, and better than ever

BY PETER FAULKNER

PERRI Shakes-Drayton broke down in tears watching a re-run of her 400 metres hurdles final in last year's World Championships in Moscow, then told the world: "I promise I will be back and I will be better than ever."

Perri's tears came as she shared the hosting duties on BBC Sport with former Olympic legends Jonathan Edwards, Denise Lewis and Colin Jackson.

She was watching a re-run of the hurdles final – the race where she suffered a cruciate ligament injury, wrecking her hopes of competing in the Commonwealth Games and the European championships.

And the heartache was too much to bear for 26-year-old Shakes-Drayton, a former pupil at Bishop Challoner School.



Perri Shakes-Drayton

"What made my injury worse was I not only damaged a cruciate ligament during the final in Moscow but, because I forced myself to keep going, I also did my cartilage."

"I am now working out on the track, in the pool and also cycling.

"I am also using heavier weights so everything is coming together."

Shakes-Drayton praised Zah for keeping her going when she was down, and also revealed she would not be running over the hurdles again...yet.

She intends to establish herself as a 400m flat runner, after winning the 2013 European indoor championships.

After the setbacks of an injury-hit 2012 Olympics and the more serious injury in Moscow, Shakes-Drayton is determined to rebuild a career which still promises to deliver so much.

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I am working out on the track, in the pool and cycling. I am also using heavier weights, so everything is coming together."

Perri Shakes-Drayton



Tayla with sensei Terry Daly

Tayla claims another gold

TAYLA O'Brien has added another karate gold medal to her growing collection.

The Bethnal Green pupil at the Uechi-ryu club competed in the Yamaguchi Goju-kai Invitational Junior Kumite tournament at Grays.

Tayla, 11, fought three first class opponents winning 8-0, 3-2 and then finishing off with a 4-2 win for the gold.

Uechi-ryu runs classes at Bethnal Green Methodist Church in Approach Road, and in Bow and Stepney. For details call Terry Daly on 8529 9811.

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Global grooves at music hall

Take your seats for the World City Music Village at Wilton's

[SEE PAGE 5](#)



Enter the laser dragons

Your chance to win one of five exciting light-up models

[SEE PAGE 6](#)



The daddy of all pub meals

Find out what our reviewer thought of Father's Day treat

[SEE PAGE 7](#)

ISSUE 1016 30 JUNE - 6 JULY 2014

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get a life!

eastendlife **ARTS | REVIEWS | EVENTS | TV**



Laugh with Len

Lenny Henry and Larrington Walker star in stage version of Radio 4 show Rudy's Rare Records

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Back on home turf

Time is running out to catch an exhibition of paintings by the East London Group, who flourished during the inter-war years.

SEE BELOW

Out & about

Art

Twixt Two Worlds

The Contemporary Art Society's new exhibition uses cinematic history as its base, in particular the point at which still photography evolved into moving images. Cinematic pioneers are shown alongside contemporary artists in a mix of objects, photographs and film. Free. Until Aug 31.

Whitechapel Gallery, 77-82 Whitechapel High Street, E1. www.whitechapelgallery.org



Benchmark art

THIS is one of 50 bench sculptures that are set to appear across the Capital as part of Books About Town, an initiative by the National Literacy Trust.

The 'BookBenches' – which are shaped like open books – were individually designed by top artists, to celebrate

stories linked to London and to promote reading for enjoyment.

You can see them by following historical literary trails from 4 July until mid-September.

For more information, visit www.booksabouttown.org.uk

Comedy

Edinburgh Previews

Comedians, both established and up-and-coming, warm up for this summer's Edinburgh Festival Fringe with a series of free weekly preview shows. This week's show is headed by Ben Van Der Velde, who explores themes of human wackiness.

Free. Wed, July 2. 8pm. Backyard Comedy Club, 231 Cambridge Heath Road, E2. info@backyardcomedyclub.co.uk

local foods, historical walks, live music and screenings. The eight-day festival draws to a close with a final day – on Sunday, July 6 – where the Roman is taken over by street shows, a screening of the Wimbledon final and live music. Free. Until July 6. www.facebook.com/RomanRoadLDN

Huguenot Threads

At various venues, the festival aims to celebrate Huguenot heritage and culture.

Highlights include city walks, lectures and a screening of Meyerbeer's Opera Les Huguenots. Free, but booking is recommended. July 9-20. www.huguenotsofspitalfields.org

Events

Joga Bola

To mark the World Cup, Rich Mix is hosting a line-up of contemporary Brazilian music plus a Brazilian street-art installation, independent film showings, theatre

performances and football screenings. Until July 13. Free. Rich Mix, 35-47 Bethnal Green Road, Bethnal Green. www.richmix.org.uk

Roman Road Festival

Free community-centred series of cultural events, activities,

Tower of London World War I Centenary Commemoration

Artist Paul Cummins and stage designer Tom Piper have created an installation of 888,246 ceramic poppies – one for each British and Colonial fatality during World War I – that will be unveiled to mark 100 years since Britain's first full day of involvement in



Last Days of Limehouse

This family-friendly, site-specific production tells the story of the once thriving Chinatown in the East End. Shows are on at 3pm on July 19, 26 and August 2.

WWW.YELLOWEARTH.ORG



Listen again

You can catch up with past editions of Rudy's Rare Records online at...

WWW.BBC.CO.UK/IPLAYER

Out & about

Lenny's star turn at the Empire

BY JAMES MARTIN

COMEDIAN, writer and actor Lenny Henry heads the cast of a new play based on an acclaimed BBC Radio 4 sitcom.

Rudy's Rare Records, a comedy set in a struggling reggae record store shop in Birmingham, comes to Hackney Empire this autumn for a 12-day run.

Henry plays the long-suffering son of charismatic shop owner Rudy Sharpe, played by Larrington Walker, who join together, despite their differences, as the threat of developers loom.

During the stage performances, a live band will play classics by the likes of Bob Marley, Jimmy Cliff, Desmond Dekker and the Sugarhill Gang.

The theatrical adaptation is directed by Paulette Randall, while the award-winning writer Danny Robins – who has written four of the series for BBC Radio – is also behind the

project which will feature other members of the radio cast.

In recent years Lenny Henry, who co-founded Comic Relief, has made a number of successful returns to the stage including winning the 2009 Evening Standard Best Newcomer Award for his portrayal of Othello.

As well as being an established funnyman and occasional television presenter, Henry has been an outspoken critic of the TV and film industry for not providing a "fair and honest reflection of our society" in terms of racial diversity.

Earlier this month, Henry signed up to a new committee advising the BBC on its representation of ethnic minorities.

Rudy's Rare Records runs at Hackney Empire, 291 Mare Street, E8, from September 24 to October 5. Tickets cost £10-25.

For more information see www.hackneyempire.co.uk



Lenny Henry with Larrington Walker (left) and Joivan Wade

WWI. The poppies will provide a backdrop to a programme of performances and events to further commemorate the centenary. August 5-November 11. Tower of London, Tower Hill, EC3N. 0844 482 7777

Music

Robbie Williams

Expect songs from the Take That man's new record Swings

Both Ways, plus pop classics like Angels, Millennium, Let Me Entertain You and She's the One. July 8-12. The O2, Peninsula Square, SE10. 0844 856 0202

Photography

Editions

A collection of limited edition prints by award-winning, contemporary British photographers from the

Uncertain States Collective. Four Corners Gallery, 121 Roman Road, E2. 8981 6111 www.fourcornersfilm.co.uk

Theatre

The Last Days of Limehouse

Yellow Earth, a London-based British East Asian theatre company, presents a new site-specific production that tells the story of the once thriving Chinatown in

London's East End. The play is set in Limehouse in 1958 as the local council plans to bulldoze the last remaining remnants of Limehouse Chinatown. £15/£10. 7.30pm Weds-Sats, 5.00pm Suns, July 16-August 3. Limehouse Town Hall, 646 Commercial Road, E14. 7709 8900 www.halfmoon.org.uk

Beyond Caring

A new play by Alexander Zeldin that probes with the

issue of zero-hours contracts and takes aim at the government for allowing an "invisible and de-humanised" class of temporary workers who are in a permanent state of insecurity as they move from job to job. £15/£10. 8pm. July 1-26. Unit 2A, Queen's Yard, Hackney Wick, E9. 07548 156 266

Christopher and His Kind

First theatrical adaptation of

Christopher Isherwood's autobiography of the same name. Starting with Isherwood's departure from England in 1930, the production documents his experiences as a young gay man enticed by the sexual and intellectual liberation of Weimar Berlin amid the Nazi Party's rise to power. £12/£10. 8pm. July 1-5. The Space, 269 Westferry Road, E14. www.space.org.uk



JULY 2014 PROGRAMME OF EVENTS

ACTION FOR KIDS BEACH VOLLEYBALL CHAMPIONSHIPS
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CELEBRATE SHAKESPEARE
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TUE 15 JULY / 7PM / CANADA SQUARE PARK / FREE
TWILIGHT DELIGHTS
WED 16, TUE 22 & 29 JULY / 7PM / CANADA SQUARE PARK
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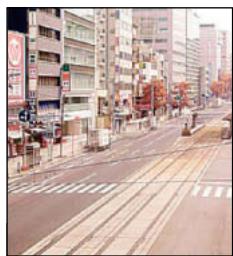
SUMMER SOUNDS
17, 23, 30 JULY / 12.30-2PM / CANADA SQUARE PARK / FREE

THE LUNCH MARKET
TUE 22 JULY / 11AM-3PM / WOOD WHARF / FREE TO VISIT

TOUR DE FRANCE FAN PARK
THU 24 - SUN 27 JULY / 11AM-10PM / WOOD WHARF / FREE TO VISIT

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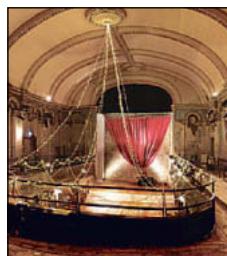
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Best of British

Photography on show at Four Corners gallery, Roman Road, until July 25.

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Wilton's Music Hall provides a spectacular backdrop for musicians from as far afield as China, Cuba and Colombia during the 12-day World City Music Village 2014 festival.

WWW.CULTURALCOOPERATION.EVENTBRITE.CO.UK

Get a Life!

Dance

Argentinian tango £14

Class. Sat 2-5pm. £14. St John's Community Hall, 37 Glengall Grove, E14. 7538 3852

Ballroom/Latin American

Fri, 2-4pm, £2.50, 20p refreshments. Kingsley Hall, Powis Road, E3. 8550 1392

Belly dancing

Beginners' belly dancing classes. Sats, 2-3pm, £6. Oxford House, Derbyshire Street, E2. 07796 850506

Brazilian dance aerobic classes

Weds 9-10am & Thurs, 1-2pm. Free. Alpha Grove Centre, Isle of Dogs, E14. 7538 1714

SOME of the best of contemporary British photography is being displayed at a month-long exhibition on Roman Road. Editions, which runs at Four Corners gallery until July 25, includes work by artists including James Russel Cant, Ania Dabrowska, Robin Grierson, Kennard Phillips, Spencer Rowell (right) and Richard Sawdon-Smith. All prints will be available to buy at www.fourcornersfilm.co.uk/prints The gallery is open from 10am-6pm, Mon-Sat, or by appointment.



Whitechapel Road, E1. 07932 658861

Zumba Fitness classes

Open to all adults. Every Thursday from 7-8pm. Glamis Residents' Hall, 414 Cable Street, E1. 07946 483246

Zumba classes

Every Tues 11.15am-12.15pm. £1. St Matthias Community Centre, 113 Poplar High St, E14. 7515 8362

Kids

Ballet

Classes every Thurs – ages 3-5 yrs, 3.30-4.25pm, £4; ages 6-11 yrs, 4.25-5.10pm, £4. Alpha Grove Centre, Isle of, E14. 7538 1714

Deaf after school club

For ages 5-12. Mon-Fri, 4-6pm.

Tower Project, 45-55 White Horse Road, E1. naima@towerproject.org.uk 7790 9085

Kids' Creative Dance Classes

For ages 2-11 on Sat mornings. £44-49.50 per term or £4.50/£5 per term, plus concessions. Chisenhale Dance Space, 64-84 Chisenhale Road, E3 8981 6617 chisenhaledancespace.co.uk

Pollyanna Training Theatre

Drama and musical theatre for ages 4-16 in Wapping, E1. 7481 1911

Rhyme time

Thurs, 2-3 pm. Watney Market Library, 30-32 Watney Market, E1. 7790 4039

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World Cup fever at Rich Mix

A free Brazilian cultural festival is being held at Rich Mix in Bethnal Green until July 13, featuring live music, street art, theatre, football screenings, and much more.

WWW.RICHMIX.ORG.UK



Sound healing

Multi-instrumentalist Anthar Kharana was born in Ocaña, Colombia.

SEE BELOW

Get a Life!

1.30pm, term-time. Oxford House, Derbyshire Street, E2. 8556 5348

Music

Creative Unity steel band

Steel pan classes Thurs, 6.30-8.30pm. St Matthias Community Centre, 113 Poplar High Street, E14. 07808 847974

Parent & child

Dance play

Dance and movement, songs and rhymes for parents/carers and their children aged 1-5 years. Weds, 10.30-11.30am, term-time only. Cost £2 per child (in adv) or £3.50 drop-in rate, discounts available. Language of Dance Trust, Oxford House, Derbyshire Street, E2. 7749 1131 info@lodec.org

Island Tots

For childminders, parents and kids ages 0-4. Mon-Fri, 1-3pm, term-time. 55 Club, Samuda Estate, Stewart Street, E14. 7538 3292

Toyhouse library

Mons, 1.30-3.30pm, Halley Primary School, Halley Street, E14. Tues, 2-3.30pm, Cayley School, Aston Street, E14. Weds, 9.20-10.45am, Harry Roberts Nursery, Harford Street, E1. 1-2pm, TH Opportunity Playgroup, 583 Commercial Road, E1. 9-11am, Old Church Nursery, Walter Terrace, E1. 9-11am, Alice Model Nursery School, 14 Beaumont Grove, E1. 07958 645978

Yoga for pregnancy and mums and babies

Pregnancy class suitable from 14 weeks. Mums and babies classes suitable from six weeks until baby is crawling. 07958 645978

Dance play

Dance and movement for parents/carers and their children aged 1-4. Weds, 10-11am. £3.50/class or £2/class if paid termly. Language of Dance, Oxford House, Derbyshire Street, E2. 7749 1131

A world of music on your doorstep

BY JAMES MARTIN

A GLOBAL music festival draws to a close with top-drawer performances promised at venues in Tower Hamlets.

World City Music Village 2014 is a 12-day festival currently running an eclectic mix of cultural shows and is set to wrap up this weekend with a free indoor festival at Wilton's Music Hall, hosted by DJ Ritu.

On Saturday, July 5, **Silk String Quartet** opens the intimate stage led by Chinese pipa and five-string qin virtuoso Cheng Yu.

Rhythmic Bengali-Cuban act **Lokkhi Terra** headlines the first evening with a 7pm slot.

Meanwhile, on Sunday, July 6, Congolese act **Kasai Masai** play ahead of the carnivalesque Latin and African beats of **Family Atlantica**.

Many more acts are playing over the two days and appropriately enough the culminating will see the afternoon's performances streamed live across the world on the web.

The shows at Wilton's run from 2pm until 8pm on both days and are part of an overall showcase of more than 100 London-based international performers.

Prior to the weekend shows **Anthar Kharana**, a renowned sound healing performer, comes to the Kobi Nazrul



Congolese act Kasai Masai will play on Sunday, July 6 at Wilton's Music Hall as part of World City Music Village

Centre, on Hanbury Street, E1, on Friday, July 4 at 7pm for a talk and songs.

Those hoping to attend the sound healing should click 'attending' at

www.facebook.com/events/267124840125778/

and organisers will contact them to ensure their space.

For more information about the

shows at Wilton's Music Hall at 1 Graces Alley, Wapping, see www.culturalcooperation.eventbrite.co.uk. Tickets must be booked online.

Social

3 Bees Café

Healthy vegetarian and fish dish, served for just £3, takeaways available. Tuesdays, 4-8pm. Kingsley Hall Community Centre, Powis Road, E3. 07501 468 193

Asian deaf/hard of hearing people drop-in times

Tues, 10am-1pm, free. Trinity Centre, Key Close, E1. 7790 8478 minicom 7791 0105

Birchfield OAPs club

Mon-Fri, 7-9.30pm; Weds, 1-4pm. 50 Saltwell Street, E14.

Fern Street Settlement Club

Fern Street, E3. 7987 1949

Golden Ladies

Pensioners group for bingo and social. Weds, 2-4pm. Isle of Dogs Bowls Club, Millwall Park, E14. 7987 6824

Little Spitz' under-5s playgroup

Sun, 10am-12pm, 50p. Tours and stories. Spitalfields City Farm, Buxton Street, E1. 7247 8762

Tower Hamlets U3A

Tower Hamlets University of the Third Age offer courses for over-50s to learn T'ai Chi, jazz appreciation, art appreciation, history walking and more. £7.50 yearly membership. Various days and times. St Margaret's House Settlement, 21 Old Ford Road, E2. 7247 4283

Win meal for two and enjoy all things Brazil

READER OFFER

ENGLAND may be out of the game but there are still many opportunities to enjoy World Cup festivities.

A free Brazilian cultural festival is being held at Rich Mix in Bethnal Green. In line with Rich Mix's aim to deliver an artistic programme that reflects the diverse communities living in East London, Joga Bola! presents the cream of the local Brazilian scene.

The festival, running until July 13, features live music, street art, theatre, football screenings, and much more.



below and send your entry by email or post, including your full name, address and telephone number. Entries should arrive by 10am on Friday, July 4. Incomplete or multiple entries will not be considered.

Email eastendlife.news@towerhamlets.gov.uk, putting 'table for two' in the subject line.

Alternatively, write to World Cup Draw, East End Life, The Town Hall, Mulberry Place, 5 Clove Crescent, London E14 2BG.

Q. When is this year's World Cup final?

Rich Mix is also home to indi.go, a new restaurant offering the best in Indian street food and other Asian delights.

Visit www.richmix.org.uk

■ East End Life and indi.go are offering a meal for two at indi.go during the World Cup.

To be in with a winning chance, answer the question



Joined up

Laser Pegs are also compatible with other construction sets.

SEE BELOW

You've got to be in it to win it...

To enter the competition, send your name, address and phone number on a postcard, with the right answer, to: East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar E14 2BG by Tuesday, July 8.

Reader offers

See their little faces light up

READER OFFER

THE school summer holidays start this month and East End Life is offering readers something to keep young hands and minds busy.

Laser Pegs are a must-have for any construction fan. They are amazing construction toys that light up in all the colours of the rainbow.

Each piece feeds the next piece



Laser Pegs

with low voltage current to light up. Laser Pegs are also compatible with virtually all other construction sets, so kids can combine their existing construction collections with new light-up Laser Pegs.

Laser Pegs Dragon gives youngsters a chance to pick from an incredible assortment of models to build including the fierce dragon, sea monster, moon capsule, giant robot, rhino, and many others.

Light up your creations anywhere you go with the 3D Lite Board power base that doubles as an exclusive Laser Pegs storage box.

With this kit the possibilities are endless. It includes sound activated 3D Lite Board with storage bin, 35 Laser Pegs, and 225 construction bricks.

Explore the land and skies with Laser Pegs Helicopter. Put your building skills to the test with the Speedster,

Sand Rover, or the Medic Space Cruiser just to name a few. When you're finished building, light up your creations to fully expand your horizon. Includes Triangle Power Base, Peg Cord, 10 Laser Pegs, and 78 Construction Bricks.

East End Life has five prizes containing two Laser Pegs toy sets, worth £95 each, to give away as competition prizes.

To enter a prize draw for a toy set, answer the following question and send your answer to East End Life with your full name, address, and telephone number.

Q. When is the longest day of the year in the UK?

Incomplete or multiple entries will



The dragon glows in many colours

not be considered for the draw.

Email eastendlife.news@towerhamlets.gov.uk, putting Laser Pegs in the subject line. Alternatively, write to

Laser Pegs Draw, East End Life, The Town Hall, Mulberry Place, 5, Clove Crescent, London E14 2BG. Entries should arrive by 5pm, Tuesday, July 8.



Learning 2 Free education places for two year olds

Children love to play and learn, and Tower Hamlets has some excellent nurseries, playschools and childminders where they can do just that.

Find out if your two year old is eligible for a free place. They could be entitled to 15 hours a week if you are on a low income, if your child has additional needs or if your child is looked after by the council.



For more information, and to find out what childcare is available in the borough, call the Family Information Service on **020 7364 6495** or go to www.towerhamlets.gov.uk/Learning2



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Eating out, eating in

Galvanising grub in an artfully shabby setting

BY TEE TOTALLER

THERE'S nothing like treating the old fella to a Father's Day late lunch on a sunny, summer's day.

This was late in both senses – it was Wednesday, not Father's Day, which was the Sunday before.

Still, it's the thought that counts and dad wasn't complaining as we entered Galvanisers Union, the new Bow bar and restaurant.

Soon after, a dark Cork stout appeared, served up by a kindly Irish barmaid.

My dad's Irish too and felt all homely as we sat down in the bar to watch the World Cup.

The East End joint – housed on the site of 1800s pub The Duke of Wellington – is all craft beers and rustic work-tables which have been converted into tables for thirsty punters.

It's one of those places where you're not sure whether the dusty floors and bare brick-work are the signs of on-going building work, or just there for effect.



The Galvanisers Union serves fab food

You've seen many like this before in the borough, with their impossibly healthy and happy looking staff to boot.

The question is: would this one – with its promise of classic British pub nosh with a twist – stand out from the crowd?

Early signs were good. My minestrone soup of the day was packed full of flavour while dad's smoked mackerel, baked beetroot and horseradish cream

would almost pass for a main and was – like the tall barman's bouffant – a stunning work of art.

We ordered a side of frickles – beer battered pickles – largely for the name and they were great too.

By the time our mains appeared the place was buzzing, surprising given the mid-week late afternoon slot.

Tables were filled with office

workers, who rubbed shoulders with the locals.

But then Galvanisers Union has a very welcoming ambiance so it wasn't that surprising on reflection.

Sadly – no, tragically – my salt beef bun fell short of an otherwise faultless display of food, drink and service.

I'd looked it up online and the meaty stack looked mightily impressive, with juicy slaw spilling out the sides of a grand half-oval bun on top.

But like one of those burger bar pictures, it was a bit less impressive in real life and on first bite it was clear the bun had been on the grill a little too long.

Still the rest of the meal, including chunky hand-cut chips and a cheese board, was fab.

Best of all though, dad's fish and chips, with mushy peas and famous frickles, was frickin' great – the fluffy fish cooked to perfection.

Same time next year for me and Pa, if not before.

The Galvanisers Union is at 2 Devas Street, Bow.

Tel: 7537 1158.

Boost your business

Restaurant reviews are a popular feature of East End Life. If you would like to advertise on this page,

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A joyous jumble from land and sea

THIS month's recipe comes from the Love Food Hate Waste website.

Mix it up yourself and experiment with different meats and veg, depending on what's in the fridge.

If you have a recipe to suggest using leftovers or tips about reducing the amount of food we throw away, you could win £50 worth of shopping vouchers!

Email your offerings to recycling@towerhamlets.gov.uk

Chicken & prawn jambalaya – serves 4 to 6

Ingredients

2 tsp Cajun seasoning
400g can chopped tomatoes
1 tbsp oil
200g leftover roast chicken, diced
150g frozen cooked, peeled prawns, defrosted
250g basmati rice
100g frozen peas

Method

1. Heat the oil in a large frying pan and fry the chicken, rice and Cajun seasoning for 1-2 minutes.

2. Add the chopped tomatoes. Cover and cook gently for 20 minutes, gradually adding the stock, stirring occasionally.

3. Stir in the prawns and peas and cook until the liquid is absorbed and the rice is tender. Season to taste.

Cook's tip
Leftover passata can be used instead of chopped tomatoes.

Use up
Use up leftover roast meats and other veg such as peppers, mushrooms and onions.

Variations
Swap the chicken for smoked sausage or chorizo.

Extra flavour
Add extra Cajun seasoning for an extra spicy flavour.

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EAST LONDON MOSQUE &
LONDON MUSLIM CENTRE

2014/1435 AH

Ramadan

Ramadan	Day	Jun	Fast Begins	Fajr	Zuhr	'Asr	Fast Ends	Maghrib	Ishā	/ Tarawih
		Jul	Jamāh	Jamāh	Jamāh		Jamāh	Jamāh		
1	Fri	27	2.47	3.45	1.15	6.50	9.25	9.30	11.10	
2	Sat	28	2.48	3.08	1.30	6.50	9.25	9.35	11.10	
3	Sun	29	2.49	3.09	1.30	6.50	9.24	9.34	11.10	
4	Mon	30	2.50	3.10	1.30	6.50	9.24	9.34	11.10	
5	Tue	1	2.51	3.11	1.30	6.50	9.24	9.34	11.10	
6	Wed	2	2.52	3.12	1.30	6.50	9.24	9.34	11.10	
7	Thu	3	2.53	3.13	1.30	6.50	9.23	9.33	11.10	
8	Fri	4	2.54	3.14	1.15	6.50	9.23	9.33	11.10	
9	Sat	5	2.55	3.15	1.30	6.50	9.22	9.32	11.10	
10	Sun	6	2.56	3.16	1.30	6.50	9.22	9.32	11.10	
11	Mon	7	2.57	3.17	1.30	6.50	9.21	9.31	11.00	
12	Tue	8	2.58	3.18	1.30	6.50	9.20	9.30	11.00	
13	Wed	9	3.00	3.20	1.30	6.50	9.20	9.30	11.00	
14	Thu	10	3.01	3.21	1.30	6.50	9.19	9.29	11.00	
15	Fri	11	3.02	3.22	1.15	6.50	9.18	9.28	11.00	
16	Sat	12	3.04	3.24	1.30	6.50	9.17	9.27	11.00	
17	Sun	13	3.05	3.25	1.30	6.50	9.16	9.26	11.00	
18	Mon	14	3.07	3.27	1.30	6.50	9.16	9.26	11.00	
19	Tue	15	3.08	3.28	1.30	6.50	9.15	9.25	11.00	
20	Wed	16	3.10	3.30	1.30	6.50	9.14	9.24	11.00	
21	Thu	17	3.11	3.31	1.30	6.50	9.12	9.22	10.45	
22	Fri	18	3.13	3.33	1.15	6.50	9.11	9.21	10.45	
23	Sat	19	3.14	3.34	1.30	6.50	9.10	9.20	10.45	
24	Sun	20	3.16	3.36	1.30	6.50	9.09	9.19	10.45	
25	Mon	21	3.17	3.37	1.30	6.50	9.08	9.18	10.45	
26	Tue	22	3.19	3.39	1.30	6.50	9.07	9.17	10.45	
27	Wed	23	3.21	3.41	1.30	6.50	9.05	9.15	10.45	
28	Thu	24	3.23	3.43	1.30	6.50	9.04	9.14	10.45	
29	Fri	25	3.24	3.44	1.15	6.50	9.03	9.13	10.45	
30	Sat	26	3.26	3.46	1.30	6.50	9.01	9.11	10.45	
1	Sun	27	3.28	3.48	1.30	6.50	9.00	9.10	10.45	
2	Mon	28	3.29	4.15	1.30	6.45	8.58	9.03	10.30	

Please note: beginning and end of Ramadan are subject to sighting of the new Moon.

Ramadan Mubarak from our sponsors of this year's timetable:

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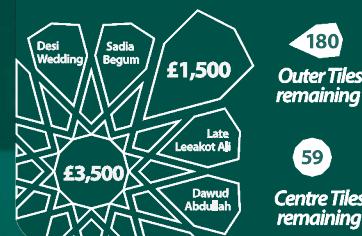
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Join us for the Mosque's
live fundraising appeal

Setup a
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Make Allah's House
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Eid Prayer Times

- 1st Jama'ah 7.30am
- 2nd Jama'ah 8.30am
- 3rd Jama'ah 9.30am
- 4th Jama'ah 10.30am
- 5th Jama'ah 11.30am
- 6th Jama'ah 12.30pm

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Play day with dad at the farm

Kids and their dads enjoy some quality time together

SEE PAGE 12



Vicky Park's mela magic

Thousands celebrate Bengali New Year

SEE PAGES 16 & 17



Places to go, things to do

Find out what's happening in the borough this month

SEE GET A LIFE, INSIDE

ISSUE 1016 30 JUNE - 6 JULY 2014

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eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Ramadan Kareem

Muhammad used to walk miles just to find water, with no access to food or basic healthcare. Thanks to people like you and Muslim Aid, This Ramadan he has his childhood back.

Make your Zakat Donation Now



020 7377 4200



muslimaid.org



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Charity Reg No. 295224



Muslim Aid
Serving Humanity

Assalaamu Alaikum

By the Grace of Almighty Allah (SWT), the blessed month of Ramadan has arrived. This is the month of mercy, forgiveness and salvation. At Muslim Aid, we are talking about giving freedom to the world's poorest communities from poverty, hunger and disease.

Many people in the developing world are bound by circumstance. A little girl grows up poor and unable to attend school; an elderly person feels the constant pangs of hunger and cannot buy food to ease her pain; and a young boy, too frail to play, has no access to healthcare. This was 8 year old Muhammad's story, before we supported him and his community with healthcare and food.

Living in a remote village in Sudan, Muhammad had to travel miles for healthcare until Muslim Aid delivered a mobile clinic to his village and food parcels through our Feed the Fasting programme. Now he can enjoy his childhood, free from disease and hunger.

This Ramadan, we are asking you to Give Freedom to the millions affected by conflict and disasters. By donating to one or more of our long-term development projects, you can support the poorest communities and give afflicted people hope and opportunity.

Our child sponsorship programme will give children the mobility to attend school. Our microfinance programme will give the deprived the chance to start a small business so that they can feed themselves and their family. Our Feed the Fasting programme will offer families peace of mind to enjoy a nourishing Suhoor and Iftaar this Ramadan.

Most importantly, Muslim Aid's emergency response programme works toward providing life saving support to the millions in the Central African Republic, Syria, Myanmar, Somalia, Sudan and many other places where people are desperate for our help and on-going charity.

So, in this blessed month of giving, let us share our blessings globally. Please support generously to bring freedom and joy to the millions who look to us for support and encouragement.

We wish you and your loved ones a blessed and spiritually rewarding Ramadan.

Wassalam & Ramadan Mubarak,

Dr Manazir Ahsan

M. M. Ahsan.

Chairman



Ramadan Kareem

2014 / 1435



Muslim Aid
Serving Humanity

Day	June July	Ramadan	Fajr Fast begins	Sunrise	Dhuhr Begins	'Asr 1 Mithl	'Asr 2 Mithl	Maghrib Fast ends	'Isha Begins
Friday	27		2.47	4.45	1.09	5.26	6.41	9.25	11.04
Saturday	28	1	2.48	4.46	1.09	5.26	6.41	9.25	11.03
Sunday	29	2	2.49	4.47	1.09	5.26	6.41	9.24	11.02
Monday	30	3	2.50	4.47	1.09	5.27	6.41	9.24	11.01
Tuesday	1	4	2.51	4.48	1.10	5.27	6.41	9.24	11.00
Wednesday	2	5	2.52	4.48	1.10	5.27	6.41	9.24	10.59
Thursday	3	6	2.53	4.49	1.10	5.27	6.41	9.23	10.58
Friday	4	7	2.54	4.50	1.10	5.27	6.40	9.23	10.56
Saturday	5	8	2.55	4.51	1.10	5.26	6.40	9.22	10.55
Sunday	6	9	2.56	4.52	1.11	5.26	6.40	9.22	10.54
Monday	7	10	2.57	4.53	1.11	5.26	6.40	9.21	10.52
Tuesday	8	11	2.58	4.53	1.11	5.26	6.39	9.20	10.51
Wednesday	9	12	3.00	4.54	1.11	5.26	6.39	9.20	10.49
Thursday	10	13	3.01	4.55	1.11	5.26	6.39	9.19	10.48
Friday	11	14	3.02	4.56	1.11	5.26	6.38	9.18	10.46
Saturday	12	15	3.04	4.58	1.11	5.26	6.38	9.17	10.45
Sunday	13	16	3.05	4.59	1.11	5.25	6.38	9.16	10.43
Monday	14	17	3.07	5.00	1.12	5.25	6.37	9.16	10.41
Tuesday	15	18	3.08	5.01	1.12	5.25	6.37	9.15	10.39
Wednesday	16	19	3.10	5.02	1.12	5.25	6.36	9.14	10.38
Thursday	17	20	3.11	5.03	1.12	5.24	6.36	9.12	10.36
Friday	18	21	3.13	5.05	1.12	5.24	6.35	9.11	10.34
Saturday	19	22	3.14	5.06	1.12	5.23	6.34	9.10	10.32
Sunday	20	23	3.16	5.07	1.12	5.23	6.34	9.09	10.30
Monday	21	24	3.17	5.08	1.12	5.23	6.33	9.08	10.28
Tuesday	22	25	3.19	5.10	1.12	5.22	6.32	9.07	10.26
Wednesday	23	26	3.21	5.11	1.12	5.22	6.32	9.05	10.24
Thursday	24	27	3.23	5.13	1.12	5.21	6.31	9.04	10.21
Friday	25	28	3.24	5.14	1.12	5.21	6.30	9.03	10.19
Saturday	26	29	3.26	5.15	1.12	5.20	6.29	9.01	10.17
Sunday	27	30	3.28	5.17	1.12	5.20	6.28	9.00	10.15
Monday	28		3.29	5.18	1.12	5.19	6.28	8.58	10.13

Make your Zakat Donation Now



020 7377 4200



muslimaid.org



This Ramadan, our donation hotline will be open 24 hours. To help you with any queries relating to Zakat, Fidya and Kaffarah, call our Ramadan helpline **020 7377 4200**

Charity Reg: 295224 Source: East London Mosque/London Central Mosque

Zakat ul Fitr £5 per person / Fidya £5 per fast missed / Feed the Fasting £60 (feeds a family for 1 month)

Design: OneTogether.co.uk

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You can sponsor a child and give them the freedom to achieve their dreams.

£60

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You can feed a family for a month through our Feed the Fasting Programme.

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You can help a family to start a business by providing an interest-free microfinance loan.

£705

Freedom... from thirst.

You can provide a well that can supply up to 500 people with clean water in Bangladesh.

Zakat ul Fitr £5 per person

Fidya £5 per fast missed

Need help or have a question regarding Zakat? Call our **Zakat Helpline** this Ramadan **020 7377 4200**

Make your Zakat Donation Now



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